

Sleep Soundly

Tips to a restful night's sleep.

Encouraging everyone to pay close attention to their sleep habits and how they impact their overall health. Without adequate sleep, our physical and mental health suffer.

Long range health risks associated with lack of sleep:

- Heart disease
- High blood pressure
- Diabetes
- Kidney Disease

Mental Health symptoms associated inadequate sleep:

- Depression
- Anxiety
- Difficulty focusing
- Confusion and distraction
- Chronic stress

Want to sleep better?

Establish a sleep ritual. When you follow a routine at night, it gives your body cues that it's time to wind down.

Avoid caffeine and screens at night. These keep your body and mind alert, and that's not what you want before bed.

Jot down your thoughts. Writing down tasks or items that need your attention, gets them out of your head, giving you more peace to sleep.

Build in a buffer in the morning. Dedicate time for yourself, even 15 minutes before focusing on work or family responsibilities.



Take a moment to practice mindfulness: ["Daily Mindfulness - A Story" Moments Exercise](#)