



Better Sleep

Chances are you are not getting enough sleep or good quality of sleep. A large 2014 National Sleep Foundation study confirms this. Almost half of the 1200 adults surveyed reported poor or insufficient sleep affected their daily lives.

This survey also showed, on average adults are getting about 7.5 hours of sleep per night. Sleep experts from a 2015 National Sleep Foundation study recommend 7- 9 hours of sleep per night for adults to function properly. So, despite sleeping within the recommended number of hours a night, although on the low end, a little over one-third of adults report “poor” or “only fair” sleep quality and 20% reported they did not wake up feeling refreshed.

A special note about shift workers, nearly two-thirds of shift workers report problems with sleep. Lack of sleep can contribute to health issues. In particular, shift workers experience more heart problems, diabetes, stomach issues, obesity, and depression. They are also at increased risk for accidents and injuries.

While there is no magic cure for a restful night’s sleep – most experts agree there are certain things you should or shouldn’t do if you want a better night’s sleep.

Let’s use the letters in the word “SLEEP” so you’ll have an easier way to remember the recipe for a better night’s sleep.

S is for sunlight.

L is for limit.

E is for exercise.

E is for evaluate.

P is for paying your sleep debt.

Bedtime rituals:

What I will do differently to get a better night's sleep:

Resources:

- Contact your Employee Assistance Program by calling Magellan Healthcare through your toll-free number provided by your Human Resources department
- Visit us again on the web at www.MagellanHealth.com/member to access:
 - ❖ A self-study, interactive program on sleep and insomnia as part of our Web-based Confidential Care Program
 - ❖ Sleep-related self-assessments, articles, and recorded webinars
- The National Sleep Foundation's website – www.sleepfoundation.org