

Why Sleep Matters.

Sleep is essential for our well being and the importance of getting quality sleep cannot be overstated! Sleep impacts nearly every component of our well-being. Getting quality sleep is just as important for our health as exercising and eating nutritious foods!

Sleep and mental health are closely connected.

Magnesium (Mg) is the sleep mineral. Low magnesium impairs sleep.

A lack of quality sleep contributes to depression, anxiety and stress

Wearable devices that track sleep - Garmin, FitBit, Apple Watches can help!

What happens when you sleep?

- Wounds heal
- Hormones become more balanced
- Blood vessels heal
- Mood is boosted
- Mental health improves
- Inflammation is reduced

How much sleep do you need?

- Adults (18-64): 7-9 hrs
- Older Adults (65+): 7-8 hrs
- Teens (14-17): 8-10 hrs
- Children (6-13): 9-11 hrs

Tips for better Sleep

- Stick to a Schedule
- Keep your bedroom cool, dark and quiet
- Avoid stimulants, caffeine, and alcohol
- Limit screens 1 hour before bed
- Move during the day
- Stretch, read or meditate before bed

Melatonin

Some individuals take melatonin to promote better sleep. Melatonin helps our body relax and prepare for sleep. It is an anti-oxidant. The research is unclear whether supplemental melatonin is effective. The pineal gland naturally stimulates our body to produce melatonin when it is dark. Light exposure decreases our body's melatonin production. Shutting off those screens and having a dark environment in the evening can enhance our body's natural melatonin production.



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