Health Tip of the Month

Are You Getting Enough Sleep?

Are you a busy New Yorker who never has time to sleep?

Most healthy adults need between 7 1/2 and 9 hours of sleep each night to function at their best.

Lack of sleep can cause fatigue, moodiness, reduced problem solving skills, increased risk of weight gain, diabetes, and heart disease.

Sleep is important for good health so make time to get enough each day!

Tips for a Good Night’s Sleep

- Avoid coffee, soda and caffeinated drinks before bed.
- Don’t eat a big meal before bed. A full stomach makes it hard to sleep.
- Turn off all screens and TVs before bed. Bright lights makes it harder to sleep.
- Relax, read a book by a soft light, listen to soft music, take a warm bath or do some easy stretches.
- Postpone worrying and brainstorming until morning when your mind is fresh.

How much sleep do you need every night?

- Young children need 10 to 14 hours
- Teens need 8 1/2 to 10 hours
- Adults need 7 1/2 to 9 hours

Worksite Wellness Initiative: by Elizabeth Canepari, Dietetic Intern
Teachers College, Columbia University 45:7/14
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