

South Central's Health on Blast

“Don't Nap on Sleeping”

- Sleep is a state, accentuating the growth and rejuvenation of the immune, nervous, skeletal and muscular systems.
- About 40 million Americans are believed to suffer from over 70 different sleep disorders. Common sleep disorders are insomnia, sleep apnea, restless legs syndrome, and narcolepsy
- Sleep hygiene is the practice of behavioral habits that offer the maximum potential for restorative and sound sleep. Good sleep hygiene practices include:
 - Avoid caffeine,
 - nicotine before bedtime,
 - have a regular bedtime and waking pattern,
 - maintain a comfortable sleep environment,
 - do not lie in bed worrying about not sleeping,
 - and exercise daily.

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- Sleep loss may increase hunger and affect the body's metabolism, which may make it more difficult to maintain or lose weight.
- Sleep deprivation also causes a higher level of stress hormones that will increase your blood pressure and can increase the risks of heart disease and strokes.
- Those exposed to light during night hours have less production of melatonin, which helps fight off cancer.
- Sleep deprivation decreases the production of hormones that help maintain your metabolism, and affect food cravings, leading to higher risks of diabetes.