SLEEP HYGIENE:

THE SECRET TO A GOOD NIGHT'S SLEEP.

Sleep Hygiene encompasses a variety of different habits ⁺ and routines that are required to enjoy quality nighttime sleep, as well as daytime alertness.1

ADULTS SHOULD GET AT LEAST

HOURS OF

BUT MORE THAN

LESS THAN SEVEN.

of adults report getting

YOU CAN'T MAKE IT UP.4

More than 37% of adults report

at least once in the past month.

FALLING ASLEEP

DURING THE DAY

When you lose sleep,

1 Wake up feeling unrested 2 Wake up frequently during

Poor sleep hygiene can wreak havoc on a person's day.

IT CAN CAUSE US TO

- Seel tired during the day
- the night 4 Have trouble falling asleep at night 6

IT CAN CAUSE PROBLEMS SUCH AS

Sleep deprivation can have serious long-term effects

on a person's physical and mental wellbeing.









RISK FOR



WEIGHT

GAIN



LOW SEX







By making a few simple adjustments to your sleep routine, you could achieve the sleep you require. Some examples include:



9PM

Turning off electronic

devices at least 30 minutes before bedtime

8

Avoiding caffeine in the

late afternoon/evening

Keeping your bedroom comfortable and cool

Keeping a consistent

sleep schedule

Avoiding large meals before bedtime - nighttime snacks

Establishing a relaxing

bedtime routine

Setting a bedtime that

enables you to get at least

7 hours of sleep





Avoiding alcohol

before bedtime

10 **Reducing fluid intake** before bedtime⁸

Exercising regularly

and maintaining

a healthy diet





to snore less.

YOU CAN TEST TO SEE IF YOU NEED TO MAKE ANY CHANGES.

> DROWZLE With just a smartphone, you can check your sleep health.

INTRODUCING

VISIT DROWZLESLEEPHEALTH.COM TODAY TO LEARN MORE.

This means that you are likely to have sleep health issues, which may include Obstructive Sleep Apnea (OSA). ple with HIGH risk scores need to see or doctor or provider promptly to be tested https://www.sleepassociation.org/about-sleep/sleep-statistics/

SOURCES:

Let's measure the success of your sleep hygiene

for healthier, more productive days.

https://www.webmd.com/sleep-disorders/guide/sleep-requirements#1 https://www.tuck.com/sleep-hygiene/ https://www.sleepassociation.org/about-sleep/sleep-statistics/ https://www.healthline.com/health/sleep-deprivation/effects-on-body#1 https://melmagazine.com/en-us/story/you-cant-make-up-for-lost-sleep http://sleepeducation.org/essentials-in-sleep/healthy-sleep-habits

https://www.sleepfoundation.org/sleep-topics/sleep-hygiene

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Results

John Smith

Breathing stopped for longer than 10 seconds

times per hour

198