



# SLEEP BETTER, FEEL BETTER

*When it comes to how much sleep you need, there's a big difference between what you need to get by and what you need to be your best.*

According to the National Institutes of Health, the average adult sleeps less than seven hours a night. In today's fast-paced culture, six or seven hours of sleep may sound pretty good. But it might be less than what your body needs.

If you, your child, or someone you know are thinking about suicide or self-harm, contact the National Suicide & Crisis Lifeline by calling or texting **988**, or go to the nearest hospital emergency room.

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## CREATING A HEALTHIER KENTUCKY

At UK HealthCare, we're leading the way to help all Kentuckians live their healthiest lives.

### How does lack of sleep impact health?

While sleep needs vary slightly from person to person, most healthy adults need between seven to nine hours of sleep a night to be at their best. Children and teens need even more. And despite the notion that we need less sleep as we age, most older people still need at least seven hours. Insomnia and lack of sleep can have a major impact on your health. In fact, long-term sleep deprivation can cause:

- An increased risk for depression and anxiety.
- An increased risk for heart disease and cancer.
- Memory problems.
- Poor concentration and mood problems.
- Less effective immune system.
- Weight gain.
- An increased risk for accidents.
- An increased risk of Type 2 diabetes.

### What habits can improve sleep?

- Be consistent. Go to bed at the same time each night. Get up at the same time each morning. This includes weekends.
- Make sure your bedroom is quiet, dark, and relaxing. Keep it at a comfortable temperature (cooler is better).
- Turn off devices (cellphones, tablets, television).
- Use your bed only for sleep (not for doing homework or eating).
- Avoid large meals, caffeine, and alcohol before bed.
- Get some exercise. Physical activity during the day make it easier to fall asleep at night.
- If you feel you may have a sleep disorder, talk to your doctor. You may need help getting good sleep, including Cognitive Behavioral Therapy for Insomnia or using melatonin.

### Apps for your mobile device

#### CBT-I Coach

For people who are engaged in Cognitive Behavioral Therapy for Insomnia with a healthcare provider. The app guides users through the process of learning about sleep, developing positive sleep routines, and improving sleep environments. Visit <https://mobile.va.gov/app/cbt-i-coach> to learn more.

#### InnerHour

Find the right self-care therapy-based tools to improve your sleep and overall mental health. Visit <https://www.theinnerhour.com/relationships> to learn more.

#### Calm

Experience the life-changing benefits of mindfulness and meditation to improve your sleep. Visit <https://www.calm.com> to learn more.