

# ATC TIP

## NEED FOR SLEEP

### THE NECESSITY OF SLEEP

Nutrition and exercise are important to maintaining a healthy lifestyle, but sleep is often overlooked.

### NATIONAL SLEEP FOUNDATION RECOMMENDATIONS

AGE	SLEEP DURATION
6 - 13	9 - 11 hours
14 - 17	8 - 10 hours
18 - 64	7 - 9 hours
65 and Older	7 - 8 hours

### GENERAL BENEFITS

- Having a restful night of sleep is physically restorative, allowing tissues to heal and grow. Energy is also replenished for the next day's needs.
- Sleep impacts mental health as well, reducing stress and anxiety. Additionally, sleep helps regulate emotions. A lack of sleep has been tied to depression.
- Improved decision making and alertness.
- Poor sleep habits in athletes increases probability of fatigue, low energy, and reduces coordination and focus.

### EFFECTS OF PHONE, TABLET, AND TELEVISION SCREENS:

- Suppresses melatonin, the hormone responsible for the sleep/wake cycle.
- Keeps the brain alert, delaying the onset of relaxation
- Devices wake people up from sleep with alerts, messages, etc.

### FOR IMPROVED QUALITY OF SLEEP

- In addition to the above points, use of devices may keep work-related stressors at the bedside. Try to spend the 30 minutes prior to sleep device-free.
- Get in a routine. If you are not sleeping the recommended duration, try going to bed 10-15 minutes earlier each week.
- Use the "do not disturb" feature on devices. Morning alarms can be utilized in this mode.
- Set a "curfew" for when device use should cease each night.

