

sleeping better

Adults need between 7 to 9 hours of sleep per night. Learn why sleep is so important and how YOU can get quality Zzzs.



benefits of sleep



The Body

- Blood glucose management
- Reduced inflammation
- Stronger immune system
- Weight loss
- Pain reduction
- Better sex life

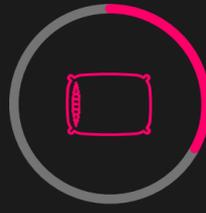


The Brain

- Improved memory
- Creativity
- Sharpened attention
- Lower stress
- Decreased depression risk
- Better mood

80%

of people report sleeping problems at least once a week.



1/3

of the average human life is spent asleep.

sleep and diabetes

When you have diabetes, getting good sleep is critical! Sleep can dramatically affect your blood sugar levels and other health markers.



Blood sugar management

3x

getting fewer than 6 hours of sleep makes you 3x more likely to have high blood sugar



Increased A1c

+1.1%

For every 3 hours of lost sleep, your A1C may increase by up to 1.1%



Insulin resistance

+21%

4 hours or fewer of sleep can decrease insulin sensitivity up to 21%

Even 1 sleepless night can impact your body's ability to use insulin

Weight gain

<5 hrs, >9 hrs

Sleeping fewer than 5 hours or more than 9 hours increases your risk of weight gain

Sleep deprivation is associated with increased calorie intake

secrets to stellar sleep



SNACK SMART

Sip on relaxing herbal tea or pick a snack with calming nutrients. Try cheese or yogurt!



DIM THE LIGHTS

Dim the lights 1 hour before bed to slowly release melatonin, a natural sleep hormone.



RELAX

Wind down before bed by reading, taking a bath, or meditating.



COOL DOWN

Keep your bedroom dark, quiet, and cool (60-67°F, 15-19°C).



POWER OFF

Turn off all electronic devices 1-2 hours prior to sleep.



Tiredness peaks 2x/day – which explains why you're less alert after lunch!



An additional 27 minutes of sleep can reduce daytime drowsiness