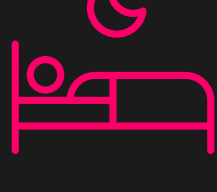


# sleeping better

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

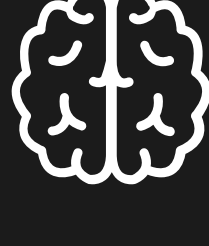


## benefits of sleep



### The Body

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

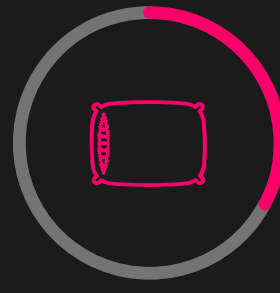


### The Brain

- 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

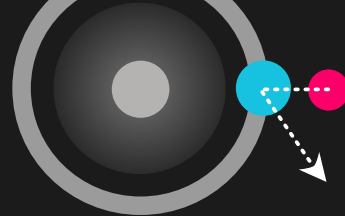
getting fewer than 6 hours of sleep makes you 3x more likely to have high blood sugar



### 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

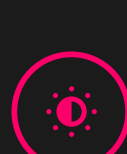
Sleep deprivation is associated with increased calorie intake

## 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.



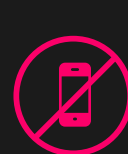
### RELAX

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).

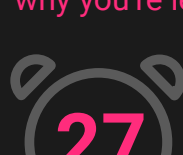


### POWER OFF

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