FROM THE QUARTERLY PARTNERWELL PULSE REPORT

Importance of Sleep

OUR HEALTH IS COUNTING ON A GOOD NIGHT'S SLEEP!

Sleep is a foundational element of caring for our overall wellbeing, but unfortunately it is missed by many. Sleep is the time when your brain and body conduct maintenance, repair, and building of the physical body and mind.[2] If you are making every effort to eat healthy and exercise often, but lacking in the sleep department, you may be holding yourself back from reaching your optimal health and wellbeing.

PRIORITIZING GOOD SLEEP CAN HELP YOU TO:[3]

- Lower your risk of chronic conditions
- Support your immune system
- Maintain a healthy weight
- Reduce stress
- Improve memory and attention

When you are consistently sleep deprived, your risk of chronic health problems such as obesity, high blood pressure, and stroke increases.[4] In the short term, a bad night of sleep can leave you feeling tired, irritable, unfocused, unmotivated, and more hungry than usual. Time spent asleep is valuable; without it, you are likely missing out on its significant health benefits. Your body uses the time you are asleep to help maintain your physical health and healthy brain function.[4]

SET YOURSELF UP FOR SUCCESS.

Sleep is not just something you should think about as you are getting ready for bed or once your head hits the pillow – a successful night's sleep depends on the actions you take throughout the day and especially in the evening. Improving your sleep quality depends on your sleep hygiene, which refers to the actions, steps, and routines you can take to improve your sleep quality.

SOME CONSIDERATIONS FOR GOOD SLEEP HYGIENE:[5,6]

- Consistency is key with sleep. Do your best to stick to a similar routine and sleep schedule each night.
- Get enough activity and movement throughout the day.
- Avoid food and drink close to bedtime, especially caffeine and alcohol.
- Create a quiet, dark, and relaxing bedroom environment.
- Limit exposure to bright lights and electronics before bed.

We encourage you to take some time to reflect on your sleep hygiene. What are some components of your sleep routine where you are consistent? What action can you take in the next week to improve your sleep and get a good night's rest?

Studies show that 1 in 3 American adults do not get enough sleep.[1]

This material is to be used for informational purposes only and is not intended to be exhaustive, nor should any of the materials be construed as professional or medical advice.

1. Centers for Disease Control and Prevention. (2024, May 15). About sleep and your heart health. U.S. Department of Health and Human Services. https://www.cdc.gov/heart-disease/about/sleep-and-heart-health.html
2. National Heart, Lung, and Blood Institute. (2022, March 24). Why is sleep important? U.S. Department of Health and Human Services. Retrieved February 11, 2025, from https://www.nhlbi.nih.gov/health/sleep/why-sleep-important
3. Solodar, J. (2025, January 31). Sleep hygiene: Simple practices for better rest. Harvard Health Publishing. https://www.health.harvard.edu/staying-healthy/sleep-hygiene-simple-practices-for-better-rest
4. Centers for Disease Control and Prevention. (2024, May 15). About sleep. U.S. Department of Health and Human Services. https://www.cdc.gov/sleep/about/index.html
5. Baranwal, N., Yu, P. K., & Siegel, N. S. (2023). Sleep physiology, pathophysiology, and sleep hygiene. Progress in Cardiovascular Diseases, 77, 59–69. https://doi.org/10.1016/j.pcad.2023.02.005
6. American Academy of Sleep Medicine. (2020, August). Healthy sleep habits. Sleep Education. Retrieved February 11, 2025, from https://sleepeducation.org/healthy-sleep/healthy-sleep-habits/