

# BETTER SLEEP FOR BETTER HEALTH

Did you know adults need between 7-9 hours of sleep per night? Not getting enough sleep can affect your physical and mental health. Learn some ways to get some much-needed shuteye.

## Little Sleep, Big Impact

There never seems to be enough hours in the day to get things done and getting a good night's rest may be a low priority.

According to the Centers for Disease Control and Prevention, one-third of U.S. adults get less than the recommended amount of sleep each night.

It's important to prioritize getting enough sleep as too little sleep can lead to:

- Slower reaction time
- Memory and attention problems
- Irritability
- Daytime drowsiness
- Symptoms of anxiety and depression

Poor sleep can affect your physical health by increasing stress hormones, resting heart rate and blood pressure. It can also increase your risk for obesity, lower your life expectancy and decrease immune function.

If you're consistently having problems staying or falling asleep, talk to your doctor. Chronic sleep deprivation can be caused by numerous factors like sleep apnea, parasomnias, restless leg syndrome and circadian rhythm disorders.

## What a Good Night's Sleep Can Do

While you're sleeping, your body is in recovery mode. A good night's sleep helps your brain process and regulate emotions, restores damaged tissues and helps your body fight illnesses.

In addition, it helps you be more productive the next day. With enough rest, you can:

- Prevent burnout
- Make better decisions
- Have fewer mistakes
- Quickly bounce back from distractions
- Have a better memory

Getting enough sleep helps you perform well at work and in your personal life. Studies have shown that at 19 hours without sleep your performance levels mirror that of someone with a 0.1% blood alcohol level, making you feel the same way as being drunk.

## How to Catch Valuable Z's

You know how important sleep is to your overall health, but getting good sleep is sometimes easier said than done. Here are some ways to fall and stay asleep:



Make your bedroom a quiet, dark and cool place



Avoid bright lights, electronic screens and caffeine right before bed



If you decide to exercise at night, make sure you're finished at least two to three hours before bedtime

Still can't fall asleep? Try doing nothing. Get out of bed, go to a different room and think of something boring. It can help you get sleepy. Whatever you do, turn off the phone and TV.

Not getting enough sleep can affect your mind and body. Try to identify any stressors in your life and how they affect your sleep. If you're experiencing insomnia talk to a doctor who can help determine if there's a medical issue.

We are here for you

For more resources you can use to help with this and other issues, visit [MutualofOmaha.com/eap](https://MutualofOmaha.com/eap) or call an Employee Assistance Program professional at 1-800-316-2796.

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Verywell Mind. How Does Sleep Affect Mental Health? <https://www.verywellmind.com/how-sleep-affects-mental-health-4783067>. Accessed June 2022.

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