

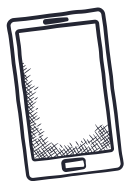


The Benefits of Sleep, from A to Zzzz

Sleeping well is essential for good health. The average adult should get seven to nine hours of sleep each night, yet there are at least 50 million Americans who suffer from a sleep disorder that prevents them from this. Learn about the health benefits of sleep and how to ensure a splendid slumber when your head hits the pillow.

Sleep is crucial for good health.

Getting that bit of extra sleep may seem impossible but here are some tips on how you can get a few more winks.



Avoid screens.

Turn off the tablet, TV and smartphone. The blue light in your screen delays your body's internal clock, which means it wakes you up just when you want to be drifting off. Try setting a curfew of one hour or even 30 minutes before bed —the earlier the better.



Stick to a schedule.

Go to sleep and get up at the same time every day. Try to limit the difference in your sleep schedule on weeknights and weekends to no more than one hour. Being consistent reinforces your body's sleep-wake cycle and helps set your body's internal clock.



Watch what you eat and drink.

Don't go to bed hungry or stuffed. Try to finish eating 2 to 3 hours before bedtime so your whole system is ready to relax. Limit caffeine and nicotine: the stimulating effects can take hours to wear off. And alcohol can disrupt sleep later in the night.



ARE YOU CONSTANTLY FEELING FATIGUED?

Is your sleepiness causing you to perform poorly at work, school, or in any other type of daily activity? Do you spend all night sleepless or all day tired? At St. Joseph Health Medical Group, we can get down to the bottom of all these sleeping disorders - and more. Click [here](#) to learn more or call (707) 562-3500.

Need a Physician?

Call St. Joseph Health's Physician Referral Line at **(877) 449-DOCS** or go to StJosephHealthMedicalGroup.org.