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# The Velma B Cox Foundation

For Type II Diabetes & High Blood Pressure

## HOW MANY HOURS DO YOU SLEEP?

~B. Sanga, MD~

What are your health goals? Eating more fruits and vegetables? Weight loss? Increase water intake? Eliminating sugar-heavy drinks? Increase physical activity? How many of you have made getting enough hours of sleep a goal? As a matter of fact, sleep should be added to that list of yours and made priority.

It is recommended for adults to get at least 7-8 hours of sleep for optimal health. However, in the U.S. approximately one-third of adults, 18 years or older, report consistently getting less than 7 hours of sleep within a 24-hr period.



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**According to CDC, these are the recommended hours of sleep:**

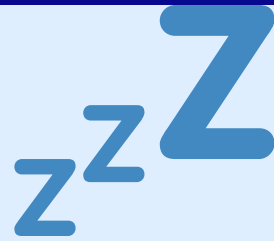
- **Adults:** 7-8 hours or more
- **Adolescents (13-18 years):** 8 - 10 hours
- **Children (6-12 years):** 9-12 hours
- **Children (1-5 years):** 10 -14 hours (includes naps)
- **Infants (4 months - 1year):** 12-16 hours (includes naps)



**Benefits of sleep include:**

- Mood booster
- Helps with memory
- Healthier heart
- Aids in maintaining good blood sugar levels
- Ability to be more focused
- Help with your immunity
- Aids in weight management

## Lack of Sleep/Sleep Derivation



Having 1 or 2 nights of inadequate sleep can cause negative effects such as...tiredness, sleepiness, lack of alertness, irritability, memory lapses.

Prolonged lack of sleep can lead to serious health consequences such as:

- Accidents/Injuries
- Cognitive impairment
- Heart disease
- Type II Diabetes
- Weight gain
- Depression



## Tips for Healthy Sleep Hygiene

- Have a regularly scheduled time you go to bed
- Make sure where you sleep the room is dark, relaxing, quiet and comfortable
- Turn off or put to sleep all electronic devices (cellphones, TV, computer, tablets) at least 20 -30 minutes before bedtime
- Try not to engage in moderate or vigorous exercise 1 hour prior to going to bed



### Healthy sleep hygiene cont.

- Avoid consuming large meals or caffeinated drinks before bedtime
- Having chamomile tea can help with relaxation right before you go to sleep

## Quantity vs. Quality

When it comes to sleep, you want both quantity and quality. Think about the last time you had 8 hours of sleep, but you did not feel rested. This can be caused by sleep interruptions such as, tossing and turning all night long, waking up often during the middle of the night, having a medical condition or a sleep disorder.

Getting the recommended 7-8 hours of sleep is not enough. The quality of that sleep also matters. If you are having trouble falling asleep or not able to fall asleep and you've tried the recommended sleep hygiene tips, please see your healthcare provider to further explore what may be the underlying cause.

#### References:

1. Sleep & Sleep Disorders. CDC <https://www.cdc.gov/sleep/index.html>
2. Sleep Education. American Academy of Sleep Medicine. <https://sleepeducation.org/healthy-sleep/healthy-sleep-habits/>

**Disclaimer:** The included information is not meant to or should not be used to replace or substitute medical treatment, recommendations, or the advice of your physician or health care provider. The information contained within is strictly for educational purposes and is based on evidence-based nutrition. If you believe you have a medical problem or condition, please contact your physician or healthcare provider.