



Sleep and your well-being

Helpful information about better sleep

The sleep cycle

There are 4 stages of sleep that we cycle through several times during a typical night.

Stage 1

lightest (1-7 mins.)

You get drowsy, muscles begin to relax.

Stage 2

light (10-25 mins.)

Heartbeat and breathing slow down, body temperature drops.

Stage 3

deep sleep (20-40 mins.)

Body is fully relaxed. Tissue repair and cell regeneration occur. Immune system strengthens.

Stage 4

REM* (20-40 mins.)

Primary dreaming stage, brain activity increases.

*Rapid eye movement

Adults need seven or more hours of sleep to promote optimal health

The benefits of getting a good night's sleep

- Boosts your immune system
- Prevents weight gain
- Strengthens your heart
- Improves mood, learning and memory
- Increases focus and productivity

The consequences of sleep deficiency

- Increased risk for chronic conditions
- Decreased immunity
- Poor balance and motor skills
- Reduced alertness and attention span
- Cognitive impairment
- Emotional irrationality

Nine tips for a better night's rest

- Be consistent by going to bed and waking up at the same time each day
- Control your exposure to light and avoid bright screens 1-2 hours before bedtime
- Engage in regular physical activity
- Be smart about what and when you eat such as limiting caffeine and alcohol before bed
- Create a restful environment by adjusting the temperature, lighting and sound levels to meet your needs
- Learn ways to get back to sleep if you wake up, such as reading a book or writing down your thoughts
- Use relaxation techniques like deep breathing exercises or meditation
- Try snoring remedies
- Avoid hitting the snooze button

Take action

- Work with a **Providence Health Coach** or listen to our **Healthy Bites** podcast
- Download an app, like **Calm** or **Headspace** for helpful relaxation techniques
- Take the **Providence Sleep Assessment**
- Check out our **Behavioral Health Resources**, which include Learn to Live, that can help with insomnia