Improve Sleep for Better Health

Getting adequate sleep is important to overall health and wellness.

Now that springtime is approaching, we have kicked off daylight savings time and the clocks have turned ahead one hour. Most look forward to springtime and longer days, but not losing the hour of sleep. Losing an hour of sleep when the clocks spring forward can significantly impact sleep schedule, affect productivity, concentration and both physical and mental health. According to the American Academy of Sleep Medicine, effects of daylight savings time might last for months. The risk of having a heart attack, stroke and episodes of an irregular heartbeat called atrial fibrillation can increase due to the time change.

Are you getting the seven to eight hours of sleep a night recommended for adults? The saying, 'have a good night', means sleep well or get plenty of rest. Some people may feel doomed from getting a good night's rest from all the tossing and turning throughout the night. Quality sleep is sometimes hard to achieve when you think about all the factors that can interfere with a good night's sleep. Family responsibilities, work-related stress, and unexpected challenges can all impact your sleep. Chronic sleep disturbances such as, insomnia and sleep apnea can disrupt healthy sleep patterns. Lack of sleep and sleep disorders increases the risk for health problems.

According to The National Sleep Foundation, 35% of Americans report their sleep quality as "poor" or "fair." People who sleep less than six hours per night have higher rates of cardiovascular events compared to those who sleep longer. Improving overall sleep helps lower the risk for high blood pressure, diabetes, obesity, and other cardiovascular threats.

Chronic disease management should include eating a well-balanced diet, getting enough exercise, and getting adequate sleep.

Follow these tips to help improve your sleep patterns:

Coffee, proceed with caution. Caffeinated drinks close to bedtime can interrupt sleep cycles, which impacts the body's ability to have a good night's sleep.

Limit screen time. Reduce mental stimulation by turning off your computer, cell phone and TV at least half an hour before going to sleep.

Create a sleep schedule. Go to bed and get up at the same time every day. A consistent sleep schedule reinforces a healthy sleep-wake cycle.

Seven to eight hours of sleep for adults is ideal for a healthy heart.

Create a restful environment. Engage in calming activities before bedtime, such as mediation or take a bath to promote better sleep. Create an ideal space for sleeping such as, limit exposure to light, consider room-darkening shades, and make the room cool, dark and quiet.

Limit daytime naps. Taking a long daytime nap can interfere with nighttime sleep. If you choose to nap, limit the nap to 30 minutes.

COMMUNITY RESOURCES

Pop-Up Produce Markets

Bonneville Transit Center, 101 E. Bonneville Ave.
When: April 6, May 4, June 1 • 12:30 PM (Until Sold Out)

Southern Nevada Health District, 280 S. Decatur Blvd.
April 13, May 11, June 8 • 9:00 am (Until Sold Out)

To learn more about the Southern Nevada Health District's BarberShop Health Outreach Project and Beauty Shop Health Outreach Project, contact Amineh Harvey at harveya@snhd.org.