



Sleep Health

Discover the power of sleep

Are you getting enough sleep? About 1 in 3 adults in the United States do not get enough sleep (CDC). Sleep is very important for staying healthy. At Providence Health Plan, we care about you and want to help you understand why sleep matters, how it can help you feel better, and share some easy ways to improve your sleep routine.

Why good sleep is important



Physical health

Keeps your heart strong, fixes muscles, and helps your body fight germs.



Mental health

Makes you feel happier, less stressed, and helps your brain work better.



Growth and development

Helps kids and teens grow strong and supports adults in healing and recovery.

Having a good sleep routine brings great benefits:

- ✔ **Better focus:** Sleep helps your brain focus and work better.
- ✔ **More energy:** Wake up feeling ready to start the day.
- ✔ **Balanced emotions:** Good sleep helps control emotions and lowers the chance of feeling sad or worried.
- ✔ **Healthy weight:** Sleep helps keep your body's energy balanced and can help with weight control.

Did you know?

- Adults who sleep **less than 7 hours per night** are more likely to report having chronic health conditions, including depression.*
 - Sleep problems can sometimes indicate unresolved mental health issues.
 - Approximately **1 in 3 adults** in the U.S. do not get enough sleep.*
- Disruptive sleep is one of the **most common symptoms of menopause**. A new onset of sleep problems during menopause could be a sign to consider hormone therapy.

Try these tips for better sleep

✔ Set a sleep schedule

Go to bed and wake up at the same time every day, even on weekends.

✔ Reduce screen time

Avoid using screens at least an hour before bed to help your body get ready to sleep.

✔ Be mindful of what you eat

Avoid heavy meals, caffeine, and alcohol before bedtime.

✔ Exercise regularly

Being active can help you sleep better at night. Try taking a walk after your last meal of the day. It can help improve both your health and sleep.

✔ Create a restful environment

Be sure that the room you sleep in is dark, quiet, and cool. Avoid eating or working in bed to keep your brain from connecting it with activities other than sleep.

✔ Avoid sleep aids

Some sleep medications have the potential to be addictive and long-term use could have negative outcomes.



Need help with your sleep?

If you're having trouble sleeping, talk to a sleep specialist who can help. Visit [ProvidenceHealthPlan.com/FindAProvider](https://www.providencehealthplan.com/FindAProvider).

Want to know more about sleep health? Check out [TheNSF.org](https://www.theNSF.org) for tips and expert advice on improving your sleep and feeling better overall.

