



VitaMin

Vital health information in a minute!

Getting the right amount of rest

Rest easy that you're getting enough sleep.

Are you getting enough sleep? Seven out of 10 Americans don't sleep well. And not getting enough sleep can have serious effects on your health. Discover all the benefits of a good night's sleep and find out how to get some ZZZs tonight.

How much is enough?

Most adults need between seven and eight hours of sleep each night. Infants require about 16 hours a day, and teenagers need around nine hours. Experts say that if you're feeling sleepy during the day, even during boring activities, you haven't had enough sleep.

Sleep is good for your health

Here are some of the health benefits you get from a good night's sleep:

- Keeps your heart healthy
- Lowers your stress levels
- Reduces your risk of chronic diseases, like heart disease, stroke and diabetes
- Helps fight aging
- Improves your memory



When counting sheep doesn't work

Having a hard time getting a good night's sleep? Certain activities and habits can speed up your metabolism and make it hard to fall asleep. Here are some tips to help soothe you and limit distractions so you can get some shut-eye:

- Don't eat just before you go to bed.
- Avoid alcohol and tobacco.
- Try to get rid of all the sounds and lights in your bedroom to make it as soothing as possible.
- Don't read or watch TV in bed. Train your mind to think of your bedroom as only a place to sleep.
- Exercise every day – but not three to four hours before bedtime.
- Avoid naps.
- Keep your bedroom at a cool temperature.
- Try going to bed around the same time each night.

Source: www.WebMD.com

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