

# Be Healthy with StarPoint

## Sleep tight for your health

**When we think about living a healthy lifestyle, we often focus on nutrition and exercise and overlook a large portion of our day - the time we sleep. Sleep is an important part of our overall health and provides us with the energy and focus to exercise and eat right.**

**Not getting enough sleep is linked to an increased risk of obesity, diabetes, heart problems, depression and substance abuse.**

### What happens during sleep?

There are several stages of sleep. First, your body drifts to sleep, and then your heartbeat and breathing slow. In the deepest stages of sleep, your brain waves are slowest, breathing and heartbeat slow further, and muscles relax. Dreams are most common during this time.

There is also a stage of sleep called rapid eye movement (REM). During this cycle, heartbeat increases, breathing becomes shallow, eyes move rapidly in different directions, muscles are relaxed, and dreams are most vivid. Your brain activity during REM sleep is actually similar to when you're awake.

The stages of sleep vary in length during the night and from person to person. For example, babies have longer REM cycles than adults, and adults who are in school or undergoing intense intellectual training increase their amount of REM sleep. It's thought that important information is locked into more permanent memory during REM sleep.

Sources: National Sleep Foundation, Discovery Health



### Tips for a good night's sleep

Adults need seven to eight hours of sleep per night, while teens and children need more. Follow these tips to help you get the right amount of restful sleep.

- Establish consistent sleep and wake schedules, even on weekends.
- Create a regular, relaxing bedtime routine that starts about an hour before you expect to fall asleep. Listen to soothing music, read quietly, or take a hot bath.
- Finish eating at least two to three hours before bedtime.
- Get regular exercise, but complete your activity a few hours before sleeping.
- Sleep in a dark, quiet, comfortable and cool room.
- Avoid watching TV, using a computer or reading in bed.

### Disease Management Nurse Coaching

Do you have a chronic condition that is affecting your sleep or general health? Disease Management nurse coaching can help.

If you have asthma, chronic obstructive pulmonary disease, chronic pain, congestive heart failure, coronary artery disease, diabetes, high blood pressure or high cholesterol, you are eligible to participate in the Disease Management program. Our Nurse Coaches are available to help you improve your health and start sleeping better!

**To enroll or learn more, call 1-866-458-0474**