June Wellness Action Message

Quarterly Theme: Mental Health
June Message: Importance of Sleep

Take Action: Learn about the health benefits of getting good quality and quantity of sleep, along with tips for improving sleep, including My Health Rewards Sleep Journeys®.

How sleep health is an important part of well-being

Just as our bodies need nutrition, hydration and oxygen, sleep is vital for maintaining and improving mental and physical health. Good sleep has been linked to:

- Improved brain performance - thinking more clearly, better decision making, and improved productivity/work performance
- Reduced injuries (e.g., drowsy drivers and car accidents)
- A healthy weight
- Improved immune health, getting sick less often
- Lowered risks for health problems like diabetes and heart disease
- Reduced stress and improved mood

Though sleeping needs vary from person to person, most adults require between seven and nine hours of sleep per night. According to the National Institutes of Health, these three elements make up healthy sleep:

1. The amount of sleep you get
2. Sleep quality – uninterrupted and refreshing sleep
3. A consistent sleep schedule

How to get a better night's sleep

- Go to bed and wake up at the same time every day, even on weekends.
- Get some exercise every day, but not close to bedtime.
- Try to get at least 30 minutes of natural sunlight every day to help your circadian rhythm.
- Avoid nicotine and caffeine. Both are stimulants that keep you awake. Caffeine can take six to eight hours to wear off completely.
- Avoid alcohol and large meals before bedtime. Both can prevent deep, restorative sleep.
- Limit electronics before bed. Try reading a book, listening to soothing music, or another relaxing activity instead.
- Create a good sleeping environment. Keep the temperature cool if possible. Make it dark. Silence your cell phone.
- If you can't fall asleep after 20 minutes, get up and do a relaxing activity until you feel sleepy again.

Explore the Sleeping Well Journeys® available in My Health Rewards

Journeys® are daily, self-guided courses to help you build healthy habits. Identify what path you'd like to start with and learn simple habits to work on. Go to the mobile app or [log in to My Health Rewards](#) and visit the "Health" tab to explore the various *Sleeping Well* Journeys®:

- **Calm Your Mind for Sleep**: Learn how to calm your mind before bed and get better rest.

- **Figuring Out the Cause of Your Fatigue**: Identify the possible causes of fatigue, from stress to taking certain medications. Explore what's causing your fatigue and get tips to boost your energy.

- **Get Back to Sleep**: Discover tips for getting back to sleep with ease. You'll also learn what to do if you're wide-eyed for longer. It is possible to fall back asleep and feel better when it's time for work or play.

- **Plan for Sleep**: Explore and learn about things you can do now to help prep your mind and body for getting better ZZZs later.

- **Set Up Your Room for Sleep**: Learn how to set up your bedroom for getting good quality shut-eye on a regular basis.

- **Sleep for Parents**: Review techniques for getting more rest, whether your kids need a 2 a.m. bottle, a midnight hug or a late ride home.

Additional resources at your fingertips

[Wellness Programs | Duluth Joint Powers Enterprise](#)

[Medica.com/signin](#)

[My Health Rewards](#)