

# W.O.W.

WAC ON WELLNESS

## BODY RESTORATION

Every morning I look into my husband's handsome, sleepy face and ask "Did you sleep?" Often times it is a mumbled response of "not really". He's not alone in his quest for a good night's sleep. Many Americans are searching for the same thing. According to the Center for Disease Control, our sleep problems are "a public health epidemic." That's serious stuff. According to Business Insider, 40% of us don't get the recommended 7-9 hours of sleep needed for adults. So, what are the consequences of not getting enough sleep? What are the benefits? What are some ways to help get a decent night's sleep?

### CONSEQUENCES:

- Impaired driving ability: Similar to intoxication, it accounts for 20% of serious injuries per National Sleep Foundation.
- Being overweight or obese: Per Business Outsider, less than 7 hours of sleep leads to 7.5 times increase in obesity.
- Increased risk of type 2 diabetes regardless of your weight.
- Depression, low self-esteem, increased anxiety
- Chronic skin problems
- Increase in high-risk decision making
- Decreased concentration
- Increased irritability
- 45% increased risk of heart attack if sleeping 5 hours or less a night

### BENEFITS:

- Increased fitness levels: The body heals damage done to cells and tissues (such as muscles) during sleep. Plus, you won't have your appetite stimulated due to lack of sleep!
- Happier, less anxiety and lower depression.
- Less likely to make risky decisions and suffer the consequences
- Stronger immune system
- Increased productivity and focus
- Decrease in pain
- Greater reaction time

### TIPS TO IMPROVING YOUR SLEEP : (FROM MENTAL HEALTH AMERICA)

- Avoid stimulants like caffeine or nicotine
- Set a daily sleep/wake schedule
- Avoid afternoon naps
- Do not watch TV or work at least 1 hour before sleep so your brain can unwind
- Try to work out earlier in the day



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\*Adapted from the National Mental Health Association/National Council for Community Behavioral Healthcare

Visit [www.thewac.com/wellnesscoaching](http://www.thewac.com/wellnesscoaching) for more information.



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