



ALL ABOUT SLEEP

In our day-to-day rush, we tend to put sleep on the back burner. As school nutrition experts, it might be hard sometimes to get enough rest. However, it's important to get enough sleep to keep our mind and body healthy.

Sleep Well. Be Well.

The average adult needs a minimum of 7 to 8 hours of good quality sleep each night. It is essential to make sleep a priority.

In addition to sleeping enough hours, it's also important to get good quality sleep. It helps you feel rested and refreshed when you wake up, which will improve your mood.

If you often have trouble sleeping or feel tired even after sleeping, talk to your doctor.

1 Getting enough sleep helps to control your weight. When you are well-rested, you are less hungry.

2 Good sleep makes your brain sharper. When you are running low on sleep, you'll probably have trouble holding onto and recalling details.

3 Good sleep allows your body to recharge your immune system. Sleep helps you to fight germs. As you sleep, your immune system identifies harmful bacteria and viruses in your body and destroys them.

4 You get a healthier heart from sleeping well. While you sleep, your blood pressure decreases, giving your heart and blood vessels a bit of a rest.

5 Sleep is a mood booster. Your mind needs rest to recognize and react appropriately. When you don't get enough sleep, you tend to have more negative emotional reactions and fewer positive ones.



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