

ALL ABOUT SLEEP

Sleep Well. Be Well.

In our day-to-day rush, we do not always prioritize sleep like we should. Getting enough sleep is a challenge for some individuals. However, it is important to keep our minds and bodies healthy.

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.

It's also important to get good, quality sleep. It helps you to feel rested and refreshed when you wake up, improving your mood.

If you find yourself frequently struggling to fall asleep or feeling fatigued despite getting rest, it may be helpful to discuss your concerns with your doctor.

Benefits of Good Sleep Habits:

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

Good sleep makes your brain sharper. When you are running low on sleep, you'll probably experience difficulty with understanding and recalling details.

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.

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.

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.

This project was funded using U.S. Department of Agriculture grant funds. The USDA is an equal opportunity provider, employer, and lender.

The University of Mississippi is an EEO/AA/Title VI/Title IX/Section 504/ADA/ADEA employer.

For more information and the nondiscrimination statement in other languages:
<https://www.fns.usda.gov/cr/fns-nondiscrimination-statement>

Except as provided below, you may freely use the text and information contained in this document for non-profit or educational use with no cost to the participant for the training providing the following credit is included. These materials may not be incorporated into other websites or textbooks and may not be sold.

Suggested Reference Citation:
Institute of Child Nutrition. (2023). *Leadership job aid series: All about sleep*. University, MS: Author.

The photographs and images in this document may be owned by third parties and used by the University of Mississippi under a licensing agreement. The university cannot, therefore, grant permission to use these images. Please contact helpdesk@theicn.org for more information.

© 2023, Institute of Child Nutrition, The University of Mississippi, School of Applied Sciences

03/12/2023



CHILD NUTRITION LEADERSHIP SITE
Educate. Elevate. Empower.