

# To achieve the impossible dream, try going to sleep.

–Joan Klempner

**Sleep** ranks at the top of the list of human necessities along with food, water, and air. It's more than a timeout from daily life or a passive retreat. A good night's **sleep** leaves you feeling refreshed, alert and ready to tackle the day's tasks.

Studies show that every individual needs a different amount of **sleep** (most people need between 6 and 9 hours a night). When you don't get enough **sleep**, you may feel a variety of different things. You may:

- be less alert and less vigorous
- have difficulty concentrating
- feel confused
- become less productive at work or school
- become stressed out more easily
- be irritable or lose patience easily
- feel fatigued
- be more susceptible to sickness or infection
- be less interactive in your relationships



Those who suffer from an accumulated **sleep** debt may develop serious health problems, including:

- obesity
- diabetes
- high blood pressure

## Some tips to help you get your zzzzz's...

**Avoid procrastinating.** Procrastination leads to panic. Panic leads to a lack of **sleep**.

**Take a nap.** Naps can help you be more efficient with your time and help you **sleep** better at night. This nap should not exceed 30 minutes in order to revive and energize you. Naps are usually most beneficial in the early afternoon.

**Exercise.** Establish an exercise routine. Try to avoid exercising a few hours before bedtime.

**Avoid consuming large amounts of caffeine.** This may contribute to the inability to **sleep**.

**Take a warm shower or bath.** These can help relax your muscles and get your body ready to rest.

**Keep regular bedtime hours.** If your body is on a schedule you'll be more likely to **sleep** better.