

# Leader Talking Points – Sleep

- Sleep is a major contributing factor to our overall health, with quality of sleep being just as important as quantity.
- Lack of sleep can lead to a host of health problems, including but not limited to:
  - Inability to concentrate and have quick responses.
  - Increase in illness and infection.
  - Worsening symptoms of depression, migraines, seizures, an/or high blood pressure.
  - Increased insulin resistance.
- Recommended sleep times vary among age groups, but the average adult needs 7-9 hours of sleep each night.
- If you are not feeling rested after the recommended amount of sleep, waking up multiple times during the night, or experiencing signs of sleep disorders (e.g., snoring or gasping for air), talk to your healthcare provider.
- For most people, the key to getting a good night's rest is practicing good *sleep hygiene*; healthy sleep habits include:
  - Going to bed and waking up at approximately the same times every day, including weekends.
  - Keeping your sleep space dark, cool, and quiet.
  - Removing all electronics from your sleep space.
  - Avoiding caffeine, alcohol, and large meals before bedtime.
  - Staying physically active throughout the day.
- If sleep problems continue to occur or interfere with your daily function, talk to your healthcare provider.
- Find more tips and resources on Sleep at [TotalHealth.cat.com](https://TotalHealth.cat.com).