

HEALTHY AT HOME

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How much sleep is enough?

According to the Centers for Disease Control and Prevention (CDC), adults ages 18 and older should get seven hours or more of quality sleep per night.

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Did you know that 1 in 3 American adults don't get the recommended seven hours of sleep? Consistently failing to get enough sleep increases the risk of significant health problems and has been linked to a variety of chronic conditions such as type 2 diabetes, heart disease, depression and obesity.

Tips for a good night's sleep

It's not just for kids: Most adults need just under 8 hours sleep for good brain function.



Stick to a schedule



Keep bedroom cool



Exercise daily



No electronics in the bedroom

For more visit health.sunnybrook.ca



SLEEP EDITION


AssuredPartners

Even when working from home, its important to create a schedule and stick to it! Try these tips to improve your sleep habits.

Want to challenge yourself? Put your sleep to the test with this Counting Sheep Sleep Challenge.