

HEALTHY IS GETTING QUALITY ZZZZ's

For optimal health, adults should get
**AT LEAST 7 HOURS OF
SLEEP EACH NIGHT.**

www.cdc.gov



HEALTHY TIPS FOR SLEEPING



- Have a consistent bedtime/ wake time schedule
- Avoid electronic screens one hour before bedtime
- Relax before bed: read, meditate, or go for a walk
- Avoid alcohol, caffeine and cigarettes before bedtime
- Avoid daytime naps

Problems associated
with lack of sleep:



HEART DISEASE



DIABETES



**HIGH BLOOD
PRESSURE**



**MEMORY &
CONCENTRATION**

3 PILLARS OF GOOD HEALTH



EXERCISE



NUTRITION



QUALITY SLEEP

If you have trouble sleeping, ECHN can offer you help.

ECHN's Sleep Disorders Center, certified by The American Academy of Sleep Medicine, can help diagnose problems and create a personalized treatment plan. Specially trained sleep specialists use the latest techniques in sleep studies to evaluate, diagnose and treat sleep disorders.

For more information call 860.647.6881 or visit echn.org/sleep.