



## Health Benefits of a Good Night's Sleep

In a world where there is so much on your plate, it can feel easier to push a good night's sleep off as one thing I will get to eventually. However, a good rest is crucial to your health and can only help you throughout the day. According to [UC Health](#), getting a good night's sleep can benefit you in multiple aspects of life, including:

- Aiding in heart health and boosting the immune system
- Improving mental and physical health
- Helping to manage weight

When it comes to how long you should be sleeping, UC Davis recommends that adults get seven to eight hours a night. You may think of yourself as a “short sleeper,” which UC Davis defines as a person who *believes* they can get away with just four to five hours a day. However, they say that people who can do this are a very small portion of the population. Most people who claim to be short sleepers are not, and compensate for their lack of sleep by drinking coffee or energy drinks throughout the day. UC Davis notes that this can increase health risks.

They also note that while sleeping for seven to eight hours is important, it is even more important to make sure the sleep you are getting is high quality. If you are waking up through the night, tossing, and turning, or struggling to stay asleep, it may be worth talking to a professional to figure out what may be keeping you awake because a lack of good quality sleep could be linked to:

- Heart disease
- Cancer

- Stroke or aneurysm.
- Diabetes
- High blood pressure
- Sepsis
- Accidents

If you are feeling particularly stressed or overwhelmed, a good night's sleep may be hard to do. In that case, UC Davis has a list of good sleep hygiene tips, including:

- Avoid late-night snacks and drinks which can throw off your sleep schedule.
- Turn TV's and computers off two hours before bed as the blue light from devices can cause your brain to stay active, thus keeping you awake.
- Turn lights off. Bright lights stimulate your brain and keep you awake. Sleeping in a dark room will help you get uninterrupted sleep.
- Keep a bedtime schedule by going to bed at the same time every night and waking up at the same time every morning – even on weekends! This will help you stay on a regular schedule and help you get more consistent sleep.
- Keep phones out of the bedroom. This will decrease distractions and remove any risk of your phone waking you up in the middle of the night. If you are using your phone as an alarm clock, try to use a regular alarm clock instead.

A healthy night's sleep is the key to living a healthy life. Following these tips can ensure you are getting the most out of your nighttime rest and leading your healthiest life.