



## Good sleep is vital to good health

Millions of Americans have sleep disorders or problems sleeping. The three most common sleep disorders are insomnia, restless leg syndrome and obstructive sleep apnea. When people do not get the sleep they need, they put their health at risk. They may not perform their best at work. And they may have more accidents, injuries and sick days.

Getting enough rest is vital to your health. It affects your mood and overall well-being. Studies show that a lack of sleep can have a negative impact on your daily life.

When we sleep, our bodies release hormones that have a positive effect on how we feel. This includes your energy, memory and concentration. This is why it is important to get plenty of sleep. Eight hours of sleep is a good goal. But some people need more sleep. Others need less.

### When you get a good night's sleep, you:

- *Have less stress.* Without the rest you need, the body is on high alert. This can increase your blood pressure. You may also produce more stress hormones. This can make it harder to fall asleep and recharge. Getting enough rest helps you better deal with stress.
- *Are more alert and active.* With enough rest, you have higher levels of energy. This makes it easier to perform complex physical and mental tasks.
- *Can avoid depression.* Sleep helps regulate levels of serotonin. This is a hormone that affects our mood. A lack of sleep may lower your serotonin levels. This can lead to depression. It can cause anxiety and other behavioral health problems too.
- *Can control your weight better.* Lack of sleep affects hormones that regulate our appetite. This can lead to being overweight or obese.
- *Have a healthier heart.* Blood pressure and cholesterol levels are higher when you have not had enough sleep. These are risk factors for heart disease and stroke.
- *Repair and restore your body.* When we sleep, our cells produce protein. This helps repair cells damaged by stress, fatigue and muscle strain.
- *Have better memory function.* Deep sleep improves our memories. It helps us connect events, feelings and experiences. This makes it easier to remember things in the future.

You should talk to your doctor if you are having problems sleeping. A sleep specialist can help too.

### For more information

More information, self-help tools and resources are available online. Go to [www.MagellanHealth.com/Training](http://www.MagellanHealth.com/Training)