



# Better Sleep Awareness

May 2015



***Greetings from Lindsey Fisher, your dedicated wellness coordinator!***

*We are right in the middle of our NFL Wellness Challenge with participants doing a fantastic job! Keep up the great work and keep the focus on healthy lifestyle change as you "play and score touchdowns" through the Challenge. Don't forget to schedule a call with your WebMD Health Coach to help you through a positive lifestyle change.*

*More information can be found on your [Hometown Health Portal](#).*

*This month's awareness topic is focused on Sleep and the importance of it. See the summary and helpful links below, and don't hesitate to contact me with questions. All the best, Lindsey!*

## The Science of Sleep

Sleep.

It refreshes us like nothing else. It can be occasionally elusive, almost always comforting, and definitely essential to our survival. And although we spend 33% of our lives asleep, we barely give it a moment's notice....until we can't sleep. Then we think about it to the point of

obsession.

For millions of people, the consequences of a poor night's sleep - higher stress, increased mistakes, difficulty concentrating - are every day occurrences. But it doesn't have to be this way.



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## Starving for Sleep: America's Hunger Games

Nearly 8 in 10 Americans admit they would feel better and more prepared for the day if they had an extra hour of sleep.



The Better Sleep Council conducted a survey in February 2014 to explore what sleep-deprived Americans would do if they had the extra hour they lose as daylight saving time begins. Results showed that although Americans are in the midst of what the Centers for Disease Control and Prevention has called a national sleep epidemic, U.S. adults consistently choose against getting more sleep - even when the opportunity is given to them.

Click [here](#) to see the results of the 2014 Better Sleep Council survey.

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## Top 15 Better Sleep Tips

Americans are in the midst of what the Centers for Disease Control and Prevention has called a national sleep epidemic, and society is feeling the impact. In fact, nearly 8 in 10 Americans admit they would feel better and more prepared for the day if they had an extra hour of sleep.



Luckily, solutions are not out of reach. The sleep tips below are the Better Sleep Council's trusted solutions to help avoid the damaging effects of

sleep deprivation and general grogginess after a poor night's sleep. In short, these tips on how to sleep better can make Monday mornings - and every other morning - a lot easier to handle.

1. Make sleep a priority. Keep a consistent sleep and wake schedule - even on the weekends. If necessary, try adding sleep to your to-do list. And don't be late.

2. Maintain a relaxing sleep routine. Create a bedtime routine that relaxes you. Experts recommend reading a book, listening to soothing music or soaking in a hot bath.

3. Create a sleep sanctuary. Your bedroom should be a haven of comfort. Create a room that is dark, quiet, comfortable and cool for the best sleep possible. Consider a bedroom makeover.

Click [here](#) to view the complete list.

Be sure to visit the Hometown Health [website](#) to complete the steps to your healthy path!

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Florida League of Cities | 301 S. Bronough street | Suite 300 | Tallahassee | FL | 32301