

ROCK THE WALK 2020



Immunity Boosting: Week 1

SLEEP

WHY SLEEP IS IMPORTANT

Sleep is vital to one's overall health, and many things happen while you are in dreamland. Sleep helps us to:

- PROCESS INFORMATION FROM THE DAY
- SOLIDIFY & CONSOLIDATE MEMORIES
- GROW MUSCLES
- REPAIR TISSUE
- CREATE HORMONES/DISTRIBUTE
- RESTORE ENERGY
- ALERTNESS
- CAN AID IN WEIGHT MAINTENANCE/LOSS
- POSITIVITY
- CAN AID WITH
- ANXIETY & DEPRESSION

Educational information provided by the [National Sleep Foundation](#)

PREPARE FOR GOOD SLEEP

In order to get good sleep, you may have to adopt a few habits before bed, or prepare the area for good sleep. These include:

Adults should aim for 7-9 hours of sleep daily!

PRE-BED HABITS:

- TURN OFF ELECTRONICS
- TRY SOOTHING/QUIET ACTIVITIES
- WIND DOWN 30 MINUTES PRIOR TO BED
- DON'T EAT OR DRINK TOO CLOSE TO BED
- AVOID CAFFEINE, NICOTINE OR ALCOHOL

BEDROOM TIPS:

- KEEP ROOM DARK & COOL
- HAVE COMFORTABLE SHEETS & PILLOWS
- TURN OFF ANY LIGHTS
- ENCOURAGE PETS TO SLEEP ON FLOOR OR THEIR OWN BED

HOW SLEEP BOOSTS IMMUNITY:

Sleep is needed to keep you feeling rested and at your best. However, at a cellular level, there are things that keep your immune system strong:

- ✓ SLEEPING ALLOWS YOUR BODY TO MAKE CYTOKINES, WHICH ARE A TYPE OF PROTEIN THAT TARGETS INFECTION AND INFLAMMATION.
- ✓ THESE CYTOKINES ARE ALSO RELEASED DURING SLEEP, MEANING, IF YOU AREN'T GETTING ENOUGH, YOUR BODY ISN'T PRODUCING AND RELEASING THESE GERM FIGHTERS-A DOUBLE WHAMMY!

Talk to your Provider if you are struggling with sleep!