



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service

# ADULT HEALTH BULLETIN



**MARCH 2020**

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## THIS MONTH'S TOPIC: BEGIN WITH SLEEP



**D**o you get enough sleep? Unfortunately, most adults do not, with 1 in 3 adults falling short. According to the Centers for Disease Control, adults need seven or more hours of sleep per night. The month of March is Sleep Awareness Week which highlights the importance of good sleep health so individuals can best achieve their personal, family, and professional goals.

Why is sleep so important? Sleep, like nutrition and physical activity, is a critical determinant of health and well-being. Fatigue and sleepiness can reduce productivity and increase the chance for motor-vehicle or industrial accidents.

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Disabilities  
accommodated  
with prior notification.

***Keep a routine. Go to bed and get up  
at the same time each day, including the weekends.***



**➔ Continued from page 1**

Sleep is important for an individual's health because lack of sleep is linked to several chronic diseases and conditions, including:

- Type 2 diabetes
- Heart disease
- High blood pressure
- Obesity
- Depression

**Here are some tips to follow that increase your chances of getting adequate sleep:**

- Keep a routine. Go to bed and get up at the same time each day, including the weekends.
- Keep your bedroom quiet, dark, and at a comfortable temperature.
- Remove electronic devices from the bedroom.
- Be active during the day to help you fall asleep at night.
- Avoid large meals, caffeine, and alcohol before bedtime.

Whether you try just one of these sleeping tips or achieve all of them, your sleep will improve. Some of these are fast fixes, and some require you to train your body and develop healthier habits. Just remember that making a lifestyle change can be difficult and requires patience. Know that you are not alone. With 1 in 3 U.S. adults suffering from inadequate sleep, it is important to take a proactive approach to improve your bedtime habits. Remember, it is a critical part of your overall health that typically gets overlooked, but the better you sleep, the healthier you'll be.

**REFERENCES:**

- <https://www.cdc.gov/chronicdisease/resources/infographic/sleep.htm>
- <https://www.healthypeople.gov/2020/topics-objectives/topic/sleep-health>
- <https://whidbeyhealth.org/locations/sleep-care/tips-for-better-sleep>

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HEALTH BULLETIN**

**Written by:** Natalie Jones  
**Edited by:** Alyssa Simms  
**Designed by:** Rusty Manseau  
**Stock images:** 123RF.com

