

## Fast Facts

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- Employees who sleep fewer than six hours per day are nearly 30% more likely to be overweight
- Losing an average of two hours of sleep over a long period can double the risk of death from multiple causes
- A study from the National Sleep Foundation shows that 36% of employees have nodded off or fallen asleep while driving
- Lack of sleep causes the same cognitive impairment as drunkenness and lowers concentration, problem solving, memory, and productivity

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**YouMatter!**  
*Be healthy*  
SAN MATEO COUNTY WELLNESS

## Walk Yourself to Sleep

Getting enough exercise can help relieve stress, calm the mind, and relax the body. Set a timer to take a gentle walk around the house or your neighborhood for 15-20 minutes before bedtime.



# Best Rest

Tips & Tricks



Relax before bedtime



Go to bed at the same time every day



No heavy meals, alcohol or caffeine right before bedtime



Limit all fluids 1 hour before bedtime



Make your room comfortable



Try relaxation techniques, reading or music



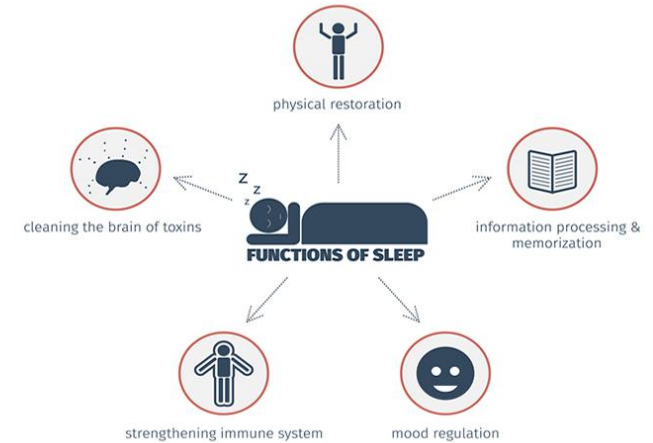
Remove distractions, especially tablets and smartphones that can interrupt sleep



## Quiet the Mind

Having trouble falling asleep because of racing thoughts? Keep a journal by your bed and write down what's weighing on you. Close it, put it away, and save energy to tackle those issues in the morning.

## WHY IS SLEEP IMPORTANT?

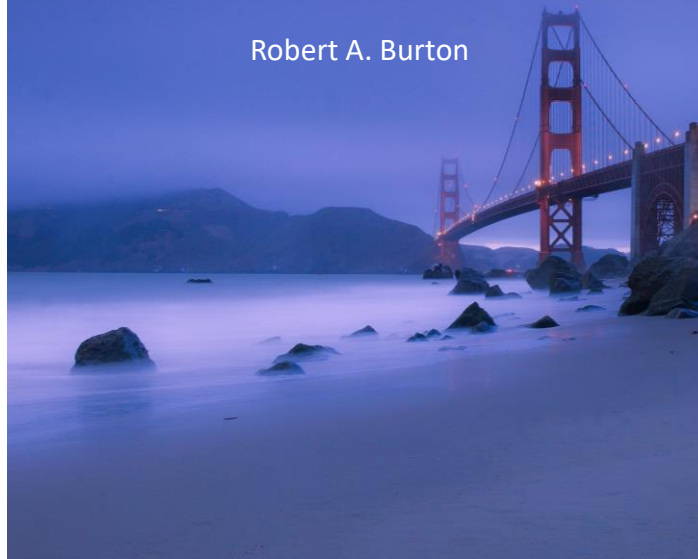


## Comfy, Cozy

Many people report having an uncomfortable mattress. Prioritize saving for a new mattress, supportive pillows, and soothing bedding. Support achy and stiff joints with a healthy sleeping position and pillow between the knees.

## “A QUIET MIND CURETH ALL”

Robert A. Burton



## Cool and Dark

The body gets its best rest in a quiet, dark, and cool room. Keep the thermostat at 68 degrees, wear light clothing, and use room darkening window coverings. Turn off TV or music. Some people may find a white or pink noise machine to be helpful.