Sleep and Your Health

Getting enough sleep is more important than you might think. Lack of sleep can affect your health, mood, and weight. Illnesses like heart disease, obesity and diabetes have all been linked to too little sleep.
Here are simple steps to improve your sleep every night:

- **Turn off screens an hour before bed:** The light from the screens do not let you brain know it's "night time."

- **Avoid napping:** sleeping during the day time could keep you from having a great night's sleep.

- **Remove caffeine:** having coffee or caffeine drinks after noon can impact your sleep.

- **Exercise:** Regular exercise has been proven to improve the quality of sleep.

- **Have a bedtime routine:** stick to the same "winding down" routine every night.

Sources: webmd.com, sleepfoundation.org