

REST AND REVIVE



Simple solutions for a good night's sleep

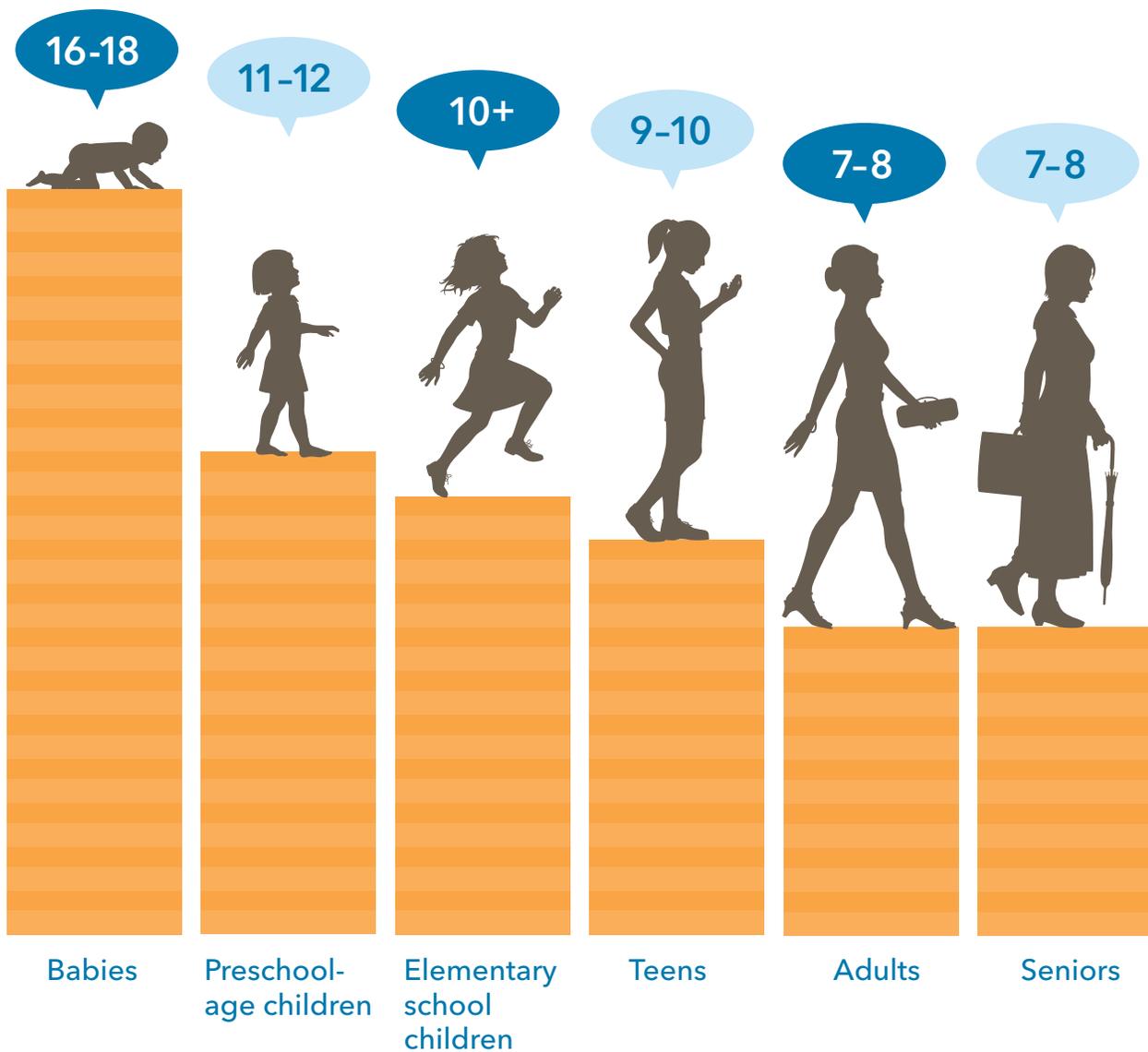
Our busy lives make it easy to take sleep for granted. But the right amount of shut-eye can reduce stress, spur your creativity, and help you lose weight.¹ It can even make you look younger.²

To help you feel more productive, healthy, and focused, Kaiser Permanente brings you Rest and Revive. This guide gives you extra pointers to help awaken your best self through improved rest.

How much sleep do you need?

As you get older, the amount of sleep you need changes. Kids need a lot for brain development and to help their bodies grow. Adults need a bit less, but it's just as important. Proper sleep helps you stay physically healthy, emotionally stable, and mentally sharp – whether you're navigating rush hour traffic or replying to a co-worker's email during a conference call.

Hours of daily sleep you need as you age³



Risks of shortchanging your Zs

Several nights of sleep loss – even just one or two hours – can have serious effects on your health. This is sometimes called your sleep debt. Like credit card debt, it adds up over time – and comes with some serious health risks:



Dangerous driving

Sleepy driving causes an estimated 100,000 car accidents each year.⁴



Depleted sex drive

Getting only five hours of sleep each night can reduce men's testosterone levels by 15% – in as little as one week.⁵



Irritability

Missing out on sleep can give you a short fuse – making it harder to deal with the normal stresses of your workday.



Weight gain

Not getting enough sleep makes you hungrier and more impulsive, so you're more likely to reach for a late-night burger and fries.⁶



Memory loss

Poor sleep can increase forgetfulness in the short term. Over time, frequent sleep loss can add up to long-term memory loss or worse.⁷



An estimated 70 million Americans suffer from some type of sleep disorder.⁸

10 tips for paying off your sleep debt



Be mindful and get physical. Regular exercise can have a dramatic effect on your sleep routine. For an added bonus, try meditating using sleep-themed guided imagery. You can find relaxing audio available at no cost at kp.org/livehealthy.



Stick to a routine. Set your alarm and get up at the same time every morning, no matter how you slept. Over time, this will help your body settle into a rhythm.



Try the 15-minute rule. Add to your sleep a little bit at a time. Once you've established your routine, add to it by setting your alarm 15 minutes later so your body can handle the increase.



Use your bedroom just for sleep. When you crawl into bed at night, make sure it's only for sleep. You can't leave the day's stresses at the door if you bring your phone, computer, and bills to bed with you.



Stay cool. Lowering the temperature of your room can help you snooze more soundly. Check the thermostat as part of your nighttime routine.



Make caffeine for mornings only. Caffeine stays in your system for 12 hours, so avoid drinking it after 10 a.m. If you need an afternoon pick-me-up, try taking a brisk walk instead of grabbing an energy drink.



Avoid alcohol within two hours of bedtime. Like caffeine, alcohol is a "sleep thief." It may initially make you drowsy, but it can wake you up as it leaves your system – and nothing steals sleep like a full bladder in the middle of the night.



Keep your eyes off the clock. Staring at the clock when you can't sleep can increase stress. As part of your nighttime routine, face it away from the bed when you hit the sack.



Don't nap longer than 20 minutes a day. Dozing off in the afternoon feels great at the time, but long naps mess with your body's natural rhythms, leaving you up and anxious when you need rest the most.



Get out of bed if you can't sleep. Tossing and turning won't help you sleep. If you wake up in the middle of the night, get out of bed and drink a glass of water or relax quietly in another area of the house.



Know what to do if things get serious

This guide is meant to help you sleep better by making small diet and lifestyle changes. If you think you have a serious condition like insomnia, sleep apnea, depression, or addiction – or if you have questions about sleep medication – please contact your doctor.

¹ Alyssa Sparacino, "11 Surprising Health Benefits of Sleep," Health.com, accessed September 2, 2014.

² Elma Baron, MD, et al., "Effects of Sleep Quality on Skin Aging and Function," University Hospitals Case Medical Center, July 23, 2013.

³ "How Much Sleep Is Enough?" National Institutes of Health, National Heart, Lung, and Blood Institute, February 22, 2012.

⁴ "Why Is Sleep Important?" National Institutes of Health, National Heart, Lung, and Blood Institute, February 22, 2012.

⁵ Rachel Leproult, PhD, and Eve Van Cauter, PhD, "Effect of 1 Week of Sleep Restriction on Testosterone Levels in Young Healthy Men," *JAMA*, June 1, 2011.

⁶ James Hamblin, "How Sleep Deprivation Makes Us Want to Eat Fat," *The Atlantic*, August 7, 2013.

⁷ Seth Maxon, "How Sleep Deprivation Decays the Body and Mind," *The Atlantic*, December 30, 2013.

⁸ "Sleep and Sleep Disorders," Centers for Disease Control and Prevention, July 1, 2013.

Kaiser Foundation Health Plan, Inc., 1950 Franklin St., Oakland, CA 94612, 510-987-1000 • Kaiser Foundation Health Plan, Inc., 393 E. Walnut St., Pasadena, CA 91188, 626-405-5000 • Kaiser Foundation Health Plan of Colorado, 10350 E. Dakota Ave., Denver, CO 80247, 303-338-3800 • Kaiser Foundation Health Plan of Colorado, 1975 Research Pkwy., Ste. 250, Colorado Springs, CO 80920, 719-867-2100 • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Rd. NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan, Inc., 711 Kapiolani Blvd., Honolulu, HI 96813, 808-432-5955 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., 2101 E. Jefferson St., Rockville, MD 20852, 301-816-2424 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Ste. 100, Portland, OR 97232, 503-813-2800