

Good morning and happy Monday team!

Last week, we discussed the importance of nutrition related to self-care. Hopefully, we are more mindful of what we put into our bodies and the impact it has on our mood.

This week, we will talk one of my favorite topics...SLEEP.

Consider this: "For most adults, getting seven to eight hours of sleep tonight might be the most important thing we can do to improve our future physical and mental health" (World Sleep Day, n.d.).

I don't know about you, but I'm an entirely different person when I've had enough sleep versus when I haven't. When we are well rested, we can let more frustration slide off. We are able to make more conscious food choices that match our goals. We will feel more energized even during the dreaded 3:00 p.m. slump. **We are our best selves around others.**

When we don't sleep those glorious hours, we get sick more easily, can't think as well, forget things, gain weight, and are more prone to car and workplace accidents (Marcin, n.d.).

**This week's invitation:**

- Get at least **seven** hours of sleep per night...every night.
- 1. Work to keep your bedroom quiet, cool, and dark. Use earplugs if you need to, set your thermostat to around sixty-five degrees, try a fan or noise machine, and use your curtains or blinds to block out the light as much as possible.
- 2. Experiment with an evening snack. For some people, eating before bed can cause indigestion, but for others, a quality snack can promote a good night's sleep.
- 3. Limit caffeine intake.
- 4. Avoid bright screens one to two hours before your bedtime.
- 5. Commit to waking up at the same time today as you will tomorrow.

Reflect on the week:

When and how did you incorporate healthy sleeping habits into your schedule?

Does your mood feel more stable when you're well rested?

How did focusing on your sleep habits help shape your week?

Do you plan to continue to make sufficient and high-quality sleep part of your routine?

"Sleep is an investment in the energy you need to be effective tomorrow."

- Tom Roth