

Sleep Deep, Rise Rested!



Six Top Tips for Better Sleep Efficiency

- ❖ **Improve your Bed- Sleep Connection**
 - Only go to bed when you are sleepy not just tired.
 - Only get in bed for sleep or sex, nothing else
- ❖ **Create a Sleep Sanctuary**
 - Keep your bedroom quiet, dark, and cool.
 - Utilize aromatherapy and ear plugs.
- ❖ **Stick to a Sleep Schedule**
 - Go to bed and wake up at the same time everyday including the weekends.
- ❖ **Get Out of Bed When Awake**
 - If you awaken in the night and can't fall asleep in 20 minutes, get out of bed, and do something relaxing.
- ❖ **Increase Daytime Physical Activity**
 - Try to end your exercise 2-3 hours before your bedtime.
- ❖ **Stick to a Nightly Ritual**
 - Have a consistent night ritual within 30 to 60 minutes before your bedtime.

www.thesleepreset.com

If You Have Problems with Sleep, You are Not Alone

- ❖ 50 to 70 million Americans have 30% to 40% of adults in the US complain of insomnia symptoms.
- ❖ 30% have short-term insomnia, while 10% have chronic insomnia.
- ❖ 1 in 4 women and 1 in 5 men have insomnia.

<https://cfah.org/sleep-statistics>

The Benefits of Restorative Sleep

- ❖ During sleep, the body performs a number of repairing and maintaining processes that affect nearly every part of the body. As a result, a good night's sleep, or a lack of sleep, can impact the body both mentally and physically.
- ❖ Sleep improves energy levels, performance, and promotes cardiac health (the heart rate slows down and Blood pressure decreases). It aids in regulating blood sugar, and it helps with memory and cognitive thinking. Sleep restores the immune system as well as help reduce stress, anxiety, and depression.

[Eight Health Benefits of Sleep | Sleep Foundation](#)

Group Visits

At South Broadway Clinic

- **Tuesday, May 2nd at 10am**
Topic: **Meal Prepping Part 2**
- **Thursday, May 4th at 5:30pm**
Topic: **Informational Session**
- **Tuesday, May 9th at 10am**
Topic: **Cardio Workout for Beginners**
- **Thursday, May 11th at 5:30pm**
Topic: **Meal Prepping Part 2**
- **Tuesday, May 16th at 10am**
Topic: **Carbohydrate Basics**
- **Thursday, May 18th at 5:30pm**
Topic: **Cardio Workout for Beginners**
- **Tuesday, May 23rd at 10am**
Topic: **Exercise to Improve your Balance**
- **Tuesday, May 30th at 10am**
Topic: **Chiapas Farm Cooking Class by Fallon at Sprouting Kitchen**

Lifestyle Events Around Town

- **Running Medicine**
Spring Season March 25- June 8th
Saturdays at 8am
ABQ Downtown-various locations
<https://runningmedicine.org/>
- **New Mexico Museum of Natural History & Science**
1801 Mountain Rd NW
505-841-2800
Free for residents every Sunday
9am-1pm
Free for seniors every Wednesday
9am-1pm
- **Adult Coloring Night**
Every Tuesday 4 -8 pm
Pureland Kava and Tea Bar
915 Yale Blvd. S.E.

<https://purelandkava.com/hours-%26-special-events>

Have Questions?

Contact:

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