

SLEEP WELL, BE WELL

Sleep is just as important as food, air, and water to the human body. When you don't get enough sleep, you do not think as clearly or effectively resulting in irritability, lack of concentration, and mood swings.



1 in 3 Americans doesn't get enough sleep

We all have days when we don't sleep enough, but consistently skipping out on sleep can increase your risk for poor mental health and chronic conditions like obesity, diabetes, and heart disease. How much sleep you get can also affect your mood, emotions, memory, and ability to manage day-to-day life.

GETTING ENOUGH SLEEP?

7 Hrs.
minimum

In order to recharge our bodies and minds, adults should aim for at least 7 hours of sleep each night.

PREPARE FOR A GOOD NIGHT'S SLEEP



Resist bedtime cravings

Avoid heavy food, alcohol, and caffeinated beverages close to bedtime.



Consistency is key

Try going to bed and waking up at the same time each day – even on your days off.



Winding down works

Make time to transition from your busy day to bedtime. Shut down all electronic devices an hour before bedtime.



Beds are for sleeping

Get into bed only when you feel ready to fall sleep.

For resources and programs to help you lead a healthy lifestyle, visit nyc.gov/workwellnyc