

PEPPERDINE

Sleep Month July 2021

According to the CDC, a third of US adults report that they usually get less than the recommended amount of sleep. Not getting enough sleep is linked with many chronic diseases and conditions—such as type 2 diabetes, heart disease, obesity, and depression—that threaten our nation’s health. A lack of sleep can also lead to motor vehicle crashes and mistakes at work, among numerous other injuries.

- ❑ **Identify how much sleep you are getting now, and how much you should be receiving.**
 - As an adult, it is recommended to get on average 7 or more hours of sleep per night.
 - Young adults, teens, and younger children should receive more based on their age.
 - If your children are having trouble fully sleeping through the night, consider new techniques or tactics to aid their insomnia.
- ❑ **Know what you can do to improve your sleep.**
 - Be consistent. Go to bed at the same time each night and get up at the same time each morning, including on the weekends.
 - Up until the age of four, parents most often than not have to be active in managing their children's sleep.
 - Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature.
 - Remove electronic devices such as TVs, computers, and phones from the bedroom.
 - Avoid large meals, caffeine, tobacco products, and alcohol before bedtime.
 - Being physically active during the day can help you fall asleep more easily at night.
- ❑ **Learn the warning signs of drowsiness and drowsy driving.**
 - Yawning or blinking frequently.
 - Difficulty remembering the past few miles driven.
 - Missing your exit.
 - Drifting from your lane.
 - Hitting a rumble strip on the side of the road.
- ❑ **Take advantage of the University's educational webinars in June.**
 - Sleep and Wellness (UCLA Health) | July 15 | 9 AM
 - Sleep Education (Kaiser Permanente) | July 29 | 3 PM



THRIVE

WELLNESS PROGRAM

Helpful Resources

- ❑ **CDC's *Are You Getting Enough Sleep?***
- ❑ **CDC's *Drowsy Driving: Asleep at the Wheel***
- ❑ **Stanford Children's Health *Tips for better rest***
- ❑ **Johns Hopkins' *The Effects of Sleep Deprivation***
- ❑ **Human Resources Wellness Webinar *Collection***

Contact Information

- ❑ **Health Advocate**
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Thrive Wellness Program**
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