Carol's Total Wellness Tips!

Benefits of Getting Your Beauty Sleep 💤

Welcome back to another Carol's Total Wellness Tip! Today I want to talk to you about the benefits of sleep. Like eating nutritious food, drinking plenty of water, and exercising for at least 30-60 minutes daily, getting decent quality sleep is very important for our overall health.

But before I begin, I want to share a statistic. According to the Centers for Disease Control and Prevention, "about 1 in 3 adults in the United States reported not getting enough rest or sleep every day. Nearly 40% of adults report falling asleep during the day without meaning to at least once a month." What this says to me is that we are not prioritizing sleep into our daily routines. Please know that if you are a parent with small children or someone that works the midnight shift, you will be sleep deprived! I have been there and understand the challenges. I will give you some strategies on how to sleep better in the next newsletter!

For now, back to sleep!! The first thing I want to emphasize about sleep is getting the correct number of hours for your body but also the quality of sleep, or how deeply you have slept. Research has recommended "at least 7-8 hours" a night. This allows "optimal" time for the body to go into a heal and repair mode, as I will explain more in a moment. Also, there are basically 4 stages of sleep that we experience each night. They are awake, light, deep, and REM sleep. Each one

plays an essential role in maintaining our mental and physical health. All stages are important, but I do want to focus on "deep sleep." During deep sleep, our body gets busy repairing and restoring many systems, from your brain to your muscles. Our body also releases growth hormones and works to rebuild bones and tissue. This is so important as we age. The deep sleep, to me, is what helps keep our body and brain in top performance!! It's like getting a "tune-up" nightly. But like I said, all stages are just as equally important because you want to wake up naturally on a regular basis feeling rested, happy, and refreshed.

Finally, the benefits of sleep!! They are:
- You get sick less often. WIN!!
- You are able to stay at a healthy weight.
- You lower your risk for serious health problems, like diabetes and heart disease.
- You are able to reduce stress.
- You can think more clearly.
- You get along better with people.
- You have a happier mood!!

Now, I do have to point out that for as long as I can remember, my mom used to say, "close your eyes and get your beauty sleep!!" There is a good reason for this statement. It is because when you sleep, this helps your skin to heal from the day and any damage that may have occurred. So, when you sleep, your skin gets a chance to restore and improve itself back to a healthier, more beautiful state!!

In closing, all the little things we do like eating correctly, getting exercise, drinking water, and getting enough sleep all contribute to our overall health and wellness. We are all looking for the Fountain of Youth and I believe that getting quality sleep is a top priority. It is all of those little things that we do daily to stay strong and healthy, those add up to being the best and happiest version of ourselves. With that being said, go forth and get your beauty sleep, your body, mind and spirit will greatly benefit from your love and care. Sweet Dreams!!

Carol

carollaketwc@gmail.com
614-204-2229
http://www.totalwellness.coach

WITH HEALTHY SLEEP, THE LIFE IS LIKE A SONG BEAUTIFULLY SUNG;

WITH HEALTHY SLEEP, HARDLY ANYTHING GOES WRONG: