

Sleep

A state of body and mind when eyes are closed, the muscles are relaxed, and brain activity is altered to reduce consciousness of surroundings

Sleep is a natural state of the mind and body. Quality sleep refreshes the mind and body and can impact your overall wellness in many of the dimensions.

Many people find it difficult to get a restful sleep. Poor sleep, or interrupted sleep, can lead to physical, social, emotional, and even financial problems.

Sleep can help your immune system and heart (physical), and self-control (emotional). Sleep is important for memory and learning (intellectual). When you get a good night's sleep you can manage your emotions, think clearly and logically, and make good decisions.



To get a restful sleep:

- Plan to go to bed and get up at the same times every day.
- Create a relaxing bedtime routine.
- Reduce noise, eliminate lights, and be aware of the lower best temperature for optimal sleep.



Take your Wellness Pulse: <https://alcoholstudies.rutgers.edu/wellness-in-recovery/inventory/>

For more information contact Dr. Peggy Swarbrick at the Wellness Self-Care Program, swarbrma@rutgers.edu