

# HEALTHY AT HOME

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**How much sleep is enough?**

**According to the Centers for Disease Control and Prevention (CDC), adults ages 18 and older should get seven hours or more of quality sleep per night.**

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Did you know that 1 in 3 American adults don't get the recommended seven hours of sleep? Consistently failing to get enough sleep increases the risk of significant health problems and has been linked to a variety of chronic conditions such as type 2 diabetes, heart disease, depression and obesity.

1.  MAINTAIN A CONSISTENT **DAILY SCHEDULE**

2.   **REDUCE CAFFEINE INTAKE**

3.  **TURN OFF THE COMPUTER OR TELEVISION**

4.  **DONT GO TO BED ON A FULL STOMACH**

5.  **DONT GO TO BED ON AN EMPTY STOMACH**

6.  **ENGAGE IN REGULAR EXERCISE**

**SLEEP EDITION**

  
AssuredPartners

Even when working from home, its important to create a schedule and stick to it! Try these tips to improve your sleep habits.

Want to challenge yourself? Put your sleep to the test with this Counting Sheep Sleep Challenge.