



# SLEEP AWARENESS MONTH

• MARCH •



## What is Sleep Awareness Month?

March is Sleep Awareness Month! This observance highlights the important connection between your sleep and your health and well-being. **Did you know?** According to the American Heart Association, [more than 1 in 3 adults](#) don't get the recommended 7 to 9 hours of sleep each night.

## Key Benefits of Sleep

- **Healthy Brain Function and Emotional Well-Being** – Experiencing a restful night's sleep is believed to contribute to improved memory and the retention of new information, leading to better problem-solving and decision-making skills. Sleep can also help you manage stressors that you may encounter throughout your day.
- **Improves Physical Health** – Sleep is key in producing the growth hormone that boosts muscle mass and helps repair cells and tissues. Additionally, sleep contributes to restoring and rejuvenating the body, leading to a stronger immune system.
- **Daytime Performance and Safety** – Ensuring you get sufficient quality sleep can greatly enhance your daily functioning. A lack of sleep, however, may affect productivity at work and school. Individuals may experience slower reaction times, take longer to finish tasks, and be prone to making more errors.

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## Tips for Quality Sleep

- ★ **Establish a routine** – Develop a bedtime ritual that you find relaxing and eases your transition into bed.
- ★ **Set the environment** – Ensure your bedroom is dark, quiet, and maintained at a comfortably cool temperature.
- ★ **Limit screen and light exposure** – Gradually dim indoor lighting in the evenings and disconnect from electronic devices at least 30 minutes before bedtime.
- ★ **Get enough sleep** – Incorporate a dedicated bedtime into your daily schedule to ensure that you are getting the recommended minimum of 7 hours of sleep each night.
- ★ **Maintain a regular sleep schedule** – Aim to wake up at the same time every day, including weekends, to promote a consistent sleep pattern.



As a State of Maine Health Plan member, you can schedule a visit with a sleep doctor to get support for better sleep through [LiveHealth Online](#). Sign up today to get convenient access to care, from anywhere!

## Looking for more mental, physical, or emotional balance in your life?

The [Well-Being Coaching program](#) through your Living Resources Program can help you regain that balance. Visit [guidanceresources.com](#) to connect with a certified personal coach today! **Web ID:** *LivingME*

### Sources:

[GuidanceResources - The Benefits of Sleep](#)  
[National Sleep Foundation - Sleep Tips](#)  
[American Heart Association - How Sleep Affects Your Health](#)