



# Wellness Buddy Tip

Providing guidance and support to make the "healthy choice the easy choice."

Chronic Disease Health Promotion and Education Program  
Jackson County Health Department

## Do You Get Enough Sleep?

The Centers for Disease Control estimates 50-70 million Americans do not get enough sleep. One recent study indicated that 10 percent of adults reported not getting enough rest or sleep *every day* in the previous month.

Chronic sleep deprivation may not only decrease your energy level—and increase your crankiness—but can negatively impact your overall quality of life (health, performance, safety, pocketbook).

How much sleep is enough? According to the National Sleep Foundation:

- Most adults need 7-9 hours of sleep each night to feel fully rested.
- School children aged 5-



12 years require 9-11 hours.

- Adolescents aged 11-17 years require 8.5-9.5 hours each night.

What you eat affects how you sleep.

Foods to consider eating for restful slumber in-

clude tryptophan-rich foods: warm milk, poultry, bananas, oats.

Carbohydrate-rich foods complement dairy foods containing tryptophan so a bedtime snack might consist of cereal and milk, yogurt and crackers, or bread and cheese.

Avoid high fat foods such as burgers and fries, caffeine (coffee, cola, tea, some prescription and over-the-counter medications), alcoholic beverages, heavy spicy foods, high-protein foods, and nicotine for a good night's sleep.

## Call your doctor if:

Your sleep does not improve with good sleep hygiene, reducing caffeine consumption, increased physical activity, and use of relaxation techniques.

You believe your sleep problems may be due to conditions such as depression or heart failure.

You snore loudly or snort or make gasping noises during sleep.

You nod off during normal activities (during



meetings, conversations, or while driving).

You are constantly fatigued or feel unrefreshed upon waking each morning.

You suspect medication may be causing sleep problems.

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### Special points of interest:

- *Insomnia.* The typical patterns of insomnia include the inability to fall asleep or stay asleep at night, waking up earlier than usual, and daytime fatigue.
- *Sleep Apnea.* Excessive daytime sleepiness. Snoring, snorting, and gasping sounds during sleep. Restless or un-refreshing sleep is typical.
- *Narcolepsy.* Excessive sleepiness during the day alleviated by naps. Dreaming during naps and experiencing dream-like hallucinations falling asleep are warning signs of the condition.



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