



Sleep & Physical Activity

Did you know that **1 in 3 adults aren't getting proper sleep**? Increasing daily physical activity can help improve sleep by helping you fall asleep faster and stay asleep longer.

Physical activity and getting 7-8 hours of sleep a night can help decrease the risk of the following:

- Heart Disease
- High blood pressure
- Obesity
- Diabetes



Timing is everything when it comes to getting better sleep. Exercising right before bed can cause the opposite effects by making it difficult to get to sleep. The recommendation is to perform any physical activity in the morning or during the day for at least 30 minutes.

Scheduling physical activity around the same time every day can also influence your sleep schedule. For instance, scheduling a morning workout will affect the time you need to go to bed the night before.

Make the time to improve your sleep patterns by incorporating physical activity into each day!

