

Community Health Education Report



Donna Nelson

We continue to work on our goals of sharing ways to address our own mental health by developing healthy habits and routines. With summer in full swing, summer might be a good time to work on our sleep quality.

Sleep quality refers to how well you sleep, not just how long you sleep. It's about how easily you fall asleep, how long you sleep without interruption, and how refreshed you feel upon waking. Good sleep quality is essential for physical and mental well-being, while poor sleep can lead to various health issues.

Components of good sleep quality:

- Adequate duration - getting the right amount for your age and needs. For adults, this is typically 7-8 hours.
- Restorative sleep - sleeping deeply enough to feel refreshed and energized in the morning.
- Consolidated sleep - having few awakenings during the night and not spending excessive time awake after falling asleep.
- Timely sleep - following a consistent sleep schedule by going to bed and waking up at the same time each day.

Signs of poor sleep quality:

- Difficulty falling asleep (taking more than 30 minutes to fall asleep).
- Waking up frequently during the night.
- Lying awake for extended periods after waking up in the middle of the night.
- Feeling tired or sleepy during the day despite getting enough sleep.
- Difficulty concentrating.

Importance of good sleep quality:

- Physical health - good sleep supports the immune system, lowers risk of chronic diseases such as heart disease and diabetes, and helps regulate hormones
- Mental health - adequate sleep improves mood, reduces stress and anxiety, and enhances cognitive function.
- Overall well-being - quality sleep contributes to a better quality of life by improving energy levels, focus, and productivity.

Tips for improving sleep quality:

- Establish a regular sleep schedule. Go to bed and wake up at the same time each day, even on weekends.
- Create a relaxing bedtime routine. Wind down before bed with activities such as reading or taking a warm bath or shower.
- Optimize your sleep environment. Make sure your bedroom is dark, quiet, and cool.
- Limit screen time before bed. The blue light emitted from electronic devices can interfere with sleep.
- Avoid caffeine and alcohol before bed. These substances can disrupt sleep patterns.
- Get regular exercise. However, avoid strenuous workouts close to bedtime.
- Manage stress. Practice relaxation techniques such as deep breathing or meditation.
- Consult a healthcare professional. If you are experiencing persistent sleep problems, seek advice from a doctor.



Happy sleeping! Stay well,

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