



Sleep Secrets

Get **eight hours** of zzzzz's each night for better health!

Lack of sleep

- increases production of the hormone ghrelin, which stimulates carbohydrate cravings for cookies, pasta, candy, breads, and cereals
- decreases the production of the hormone leptin, which causes satiety or a sense of fullness

Sleep stats

- People who get less than seven to eight hours of sleep per night are 73 percent more likely to be obese.
- Eighty percent of people with depression experience insomnia or difficulty sleeping.
- A lack of adequate sleep for two nights can cause up to a 30 percent reduction in retaining information.

Counting sheep and other sleep tips

- take a 10–15 minute break during the day
- make time for sleep
- create quiet surroundings for sleeping
- have a regular bedtime and bedtime routine
- break from working, studying, reading for at least 15 minutes before trying to go to sleep
- avoid caffeine for at least four hours before sleeping
- cooler room temperatures promote sleep
- check out more tips at www.sleepfoundation.org
- check out www.whitenoiseplayer.com

Contact

Anne Blocker, MS, RD, LD, CDE
Dietitian

Student Life Office
Dahl Centennial Union

phone (563) 387-1059

blocan02@luther.edu

www.luther.edu/studentlife/wellness/nutrition/