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## **Sleep Tips and Strategies**

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## Sleep Tips and Strategies

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## **Disclaimer**

This book should not be used as a substitute for the medical recommendations of a physician or health care provider. It is intended to provide information in accompaniment to traditional medical treatment, in the hopes of finding strategies to manage insomnia and sleeplessness.

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Any application of the recommendations within this book should be at the reader's discretion. The reader should consult with their physician or other healthcare provider before implementing any of the following suggestions contained Sleep Tips and Strategies within this book.

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## Introduction

We all know that sleep is extremely important to our overall health and wellbeing. It seems like we are continually bombarded with this message from every direction: from magazines and talk shows to pharmaceutical advertisements. Restful sleep is something most people want to achieve, but the *how to get it* is the question. If you are one of these people, keep reading. Sleep Tips and Strategies

### Why Sleep Is So Important

The preventative role sleep plays in protecting our physical health, mental health, quality of life and general safety is difficult to measure. But Sleep Tips and Strategies if you've been without sleep for any length of time, Sleep Tips and Strategies you know exactly how problematic life is when sleep is at a minimum.

While we sleep, our bodies are hard at work to support healthy brain function as well as restoration in Sleep Tips and Strategies the maintenance of our physiological health. Sleep is crucial for adolescents and children, as Sleep Tips and Strategies their growth and development is highly dependent on getting adequate sleep.

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Sleep deprivation can have both short-term and long-term consequences. Our cognitive function, motor function, learning performance and efficiency at work can Sleep Tips and Strategies be negatively impacted. Sleep Tips and Strategies Our interactions with other people can be poor and result in relationship difficulties.

Sometimes consequences are far more Sleep Tips and Strategies serious. A severe short-term consequence would be falling asleep behind the wheel and getting into a motor vehicle accident, potentially resulting in injury or even death. In the long-term, sleep deprivation can increase the odds of chronic health problems such as heart disease, kidney disease, high blood pressure and diabetes as well as increase the risk of obesity.

## **Sleep Needs**

You may wonder Sleep Tips and Strategies just how much sleep is needed for optimal performance, or, in some cases, for Sleep Tips and Strategies basic functioning.

How much sleep we need changes throughout life, depending on our age. Here is the general recommendation of hours of sleep per Sleep Tips and Strategies day:

Newborn: 16 – 18

Preschool Children: 11 – 12

School-aged Children: 10+

Adolescents: 9 – 10

Adults: 7 - 9

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# Sleep Strategies

## Sleep Tips And Strategies

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