



WORDS OF Wellness

March 2024

emotional - physical - financial - social - spiritual - environmental - intellectual - occupational

Each March, many in the United States lose one hour of sleep. We are reminded of the importance of how sleep impacts. As you sleep, your brain helps you store and organize your memories and any new learning. Your body heals during sleep. When sleep is disrupted, you are more likely to get sick, develop a health problem or have an accident or injury. Sleep has many important benefits for memory, mood, energy, and overall wellness in all dimensions!

March is **Sleep Awareness Month**, which focuses on the importance of regulating  sleep/wake schedules and its impact on overall wellness across the eight dimensions.  Incorporating these practical tips into your daily routine can contribute to improved sleep quality and, consequently, enhanced wellness across all eight dimensions!

Physical Wellness

- Establish a consistent sleep schedule by going to bed and waking up at the same time every day, even on weekends.
- **Benefits:** Improved physical health, increased energy levels, and enhanced immune function.

Spiritual Wellness

- Incorporate a calming bedtime routine that includes spiritual practices such as meditation, or reflective journaling.
- **Benefits:** Deepened spiritual connection, inner peace, and a sense of purpose.

Social Wellness

- Prioritize sleep as part of your social calendar by setting boundaries for nighttime activities and respecting your sleep needs.
- **Benefits:** Strengthened relationships, increased social engagement, and improved mood.

Emotional Wellness

- Create a sleep-conducive environment by dimming lights before bedtime, avoiding stimulating activities, and practicing relaxation techniques. Try to limit any phone/social media that might occur close to your bedtime.
- **Benefits:** Enhanced emotional resilience, reduced stress, and better emotional regulation.

Environmental Wellness

- Optimize your sleep environment by minimizing noise, controlling room temperature, and investing in comfortable bedding.
- **Benefits:** Improved sleep quality, increased environmental comfort, and a more sustainable sleep routine.

Intellectual Wellness

- Prioritize adequate sleep to support cognitive functions, problem-solving, and memory consolidation.
- **Benefits:** Enhanced focus, improved decision-making, and increased intellectual engagement.

Occupational Wellness

- Create a sleep-friendly routine before workdays, including winding down activities and avoiding work-related tasks close to bedtime.
- **Benefits:** Increased productivity, better job performance, and improved work-life balance.

Financial Wellness

- Factor in sleep needs when planning and budgeting for lifestyle choices. Try not to bring financial-related worries to bed with you – instead, write down or journal your concerns and give yourself time during the day to deal with them.
- **Benefits:** Improved financial decision-making, reduced stress related to financial concerns, and enhanced overall financial well-being.

Sleep Tips

It is important to learn how to create the best sleep environment to regulate quality sleep. The [National Sleep Foundation](#) suggests a number of things to help sleep well.

Light

Using electronic devices (especially TVs, cell phones, and computers) makes it difficult for the brain to wind down and fall asleep. It is best to keep electronics out of the bedroom and not to use them for a half-hour to an hour before bedtime. Another reason to turn off all electronic devices is that a sleep-friendly environment should not contain things that are loud or over-stimulating.

Light is one of the most commanding regulators of the biological clock, as it influences an individual's alertness and sleepiness throughout the day. Exposure to bright lights during nighttime stimulates the brain to stay awake, while less light makes it easier to fall asleep. Curtains, blinds, and eye masks can also block out morning light, and can prevent one from waking up too early.



Temperature

Temperature can impact sleep. There is no ideal temperature for sleep, but temperatures that are generally conducive for sleep are between 54 and 75 degrees. Many people find that a slightly cool temperature is best for sleeping. Hot sleeping environments make it more likely that a person will experience lighter sleep cycles and several awakenings during the night. Sheets, blankets, and what you wear can affect your body temperature.



Sound



Many people use sound sources to fall asleep. Sound generators that create soothing sounds of waterfalls or breezes can make it easier to relax and fall asleep. Soothing music can do the trick as well. Even so, quiet sleep environments are ideal for most people. Consider wearing ear plugs or headphones if there are noises that get in the way of falling asleep.

A good night's sleep provides a strong foundation for health and wellness. You're already losing an hour in March, so do everything you can to get the best sleep possible for the rest of the month!

Sleep Resources

Want more tips for improving your sleep and overall wellness? Be sure to check out the Mayo Clinic's article on Sleep, "Journey to Wellness: Sleep". In this article, you'll find additional resources to aid in your wellness, including printable activity sheets!

The article can be accessed by clicking [here](#), or by going to the following web address: <https://www.mayoclinichealthsystem.org/wellness/journey/march>