



M H S T A R S P O W E R E D B Y K E M E N

THE IMPORTANCE OF SLEEP FOR YOUR HEALTH



In today's world when everyone is always very busy, we tend to forget the importance of getting enough sleep for your good health. 60% of us experience sleep problems. Sleep is an essential function that allows your body and mind to recharge, leaving you refreshed and alert when you wake up. Enough sleep helps your body remain healthy and protect you from illness. Lack of sleep triggers poor body and brain function. Like other basic necessities of life, we need to give sleep the important priority it deserves.

SOME OF THE IMPORTANT BENEFITS OF GETTING FULL NIGHT'S SLEEP INCLUDE:

- Boosting your immune system
- Keeps your weight in check
- Strengthens your heart
- Keeps your emotions in check
- Increases your productivity
- Improves your memory
- Protects great risk of heart disease and stroke
- Helps you stay alert, focused and clear headed
- Helps your body to repair itself and face a new day



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DIFFERENT AGE GROUPS NEED DIFFERENT AMOUNTS OF SLEEP TO REMAIN HEALTHY.

Teens	13-18 yrs.
	8-10 hours per 24 hours
Adults	18-60 yrs.
	7 or more hours per night
61-64 yrs.	: 7-9 hours
65 +	: 7-8 hours

It's particularly critical that our children and adolescents get enough sleep to reduce their higher risk of health problems such as obesity, type 2 diabetes, poor mental health and injuries. For students and everyone else, sleep promotes cognition and memory, facilitating learning, recharging our mental and physical batteries while also reducing stress.

Things that facilitate good sleep habits for your overall better health:

- Reduce bright and blue lights while you sleep
- Avoid consuming nicotine and caffeine late in the day
- Avoid irregular or long daytime naps
- Plan on sleeping and waking up at consistent times
- Avoid keeping electronics in your bedroom
- Make your bedroom conducive to sleep
- Relax your body and get regular exercise
- Go to bed only when you are ready to sleep
- Find out what soothes you to sleep, eg music, reading, prayer, etc
- Avoid eating your dinner too late close to your sleep time
- Watch your thoughts and things that burden your mind
- Maintain a healthy work and life balance
- Create exciting goals to look forward to.
- Maintain a positive, relaxed, and jovial mindset

Learn to talk to others about the challenges that are giving you sleepless nights instead of suppressing or hiding them. If in a family, encourage family discussions after dinner where everyone can debrief, share their struggles, and purposely empty their hearts leading to a more relaxed sleep. Everyone needs to consider the importance of adequate and restful sleep just as much as we do in other aspects of our health. Sleep plays a critical part in maintaining your overall health and life. **ESPECIALLY YOUR MENTAL HEALTH.** It's worth investing in a good comfortable bed and beddings if possible. Strive towards waking up rested, relaxed and positive in order to start every new day bright and hopeful.

**IRON
SHARPENS
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**ONE MAN
AT A TIME,
WE ARE
STRONG
TOGETHER**



Individuals seeking assistance can contact these agencies

USA – The Lifeline: 1-800-273-TALK (8255)

UK & Ireland – The Samaritans: 116-123

Canada – Crisis Services Canada: 1-833-456-4566

Australia – Lifeline: 13-11-14

New Zealand – Lifeline: 0800-543-345

Visit Us : <https://254kemen.org>

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