Sleep & Physical Activity

Did you know that **1 in 3 adults aren't getting proper sleep**? Increasing daily physical activity can help improve sleep by helping you fall asleep faster and stay asleep longer.

Physical activity and getting 7-8 hours of sleep a night can help decrease the risk of the following:

- High blood pressure
- Reduced mental alertness
- Heart disease
- Reduced productivity

- Feeling tired
- Obesity
- Diabetes

Timing is everything when it comes to getting better sleep. Exercising right before bed can cause the opposite effects by making it difficult to get to sleep. To improve sleep, it is better to perform any physical activity during the morning or during the day.

Scheduling physical activity around the same time every day can also influence your sleep schedule. For instance, scheduling a morning workout will affect the time you need to go to bed the night before.

Make the time to improve your sleep patterns by incorporating physical activity into each day!