Why Improving Your Sleep Helps Relieve Stress

Increased energy
When you sleep more, you have more energy! This helps you tackle your to-do list and keep from falling behind. Keeping on top of things helps you feel better about yourself and experience less stress. Having more energy means you can be more physically active, which reduces stress.

Better brain power
- With less sleep, you have fewer mental resources and it's harder to make decisions, which can make life feel overwhelming.
- Sleep also benefits impulse control, meaning you can resist that extra donut.

Better mood
Getting good sleep helps you to be in a good mood. You're less likely to be irritable and vulnerable to stress, making those tough days at the office or at home easier to handle.

Better health
Being well-rested boosts your immune system so you're less likely to get sick, and we all know how stressful it is to be sick!
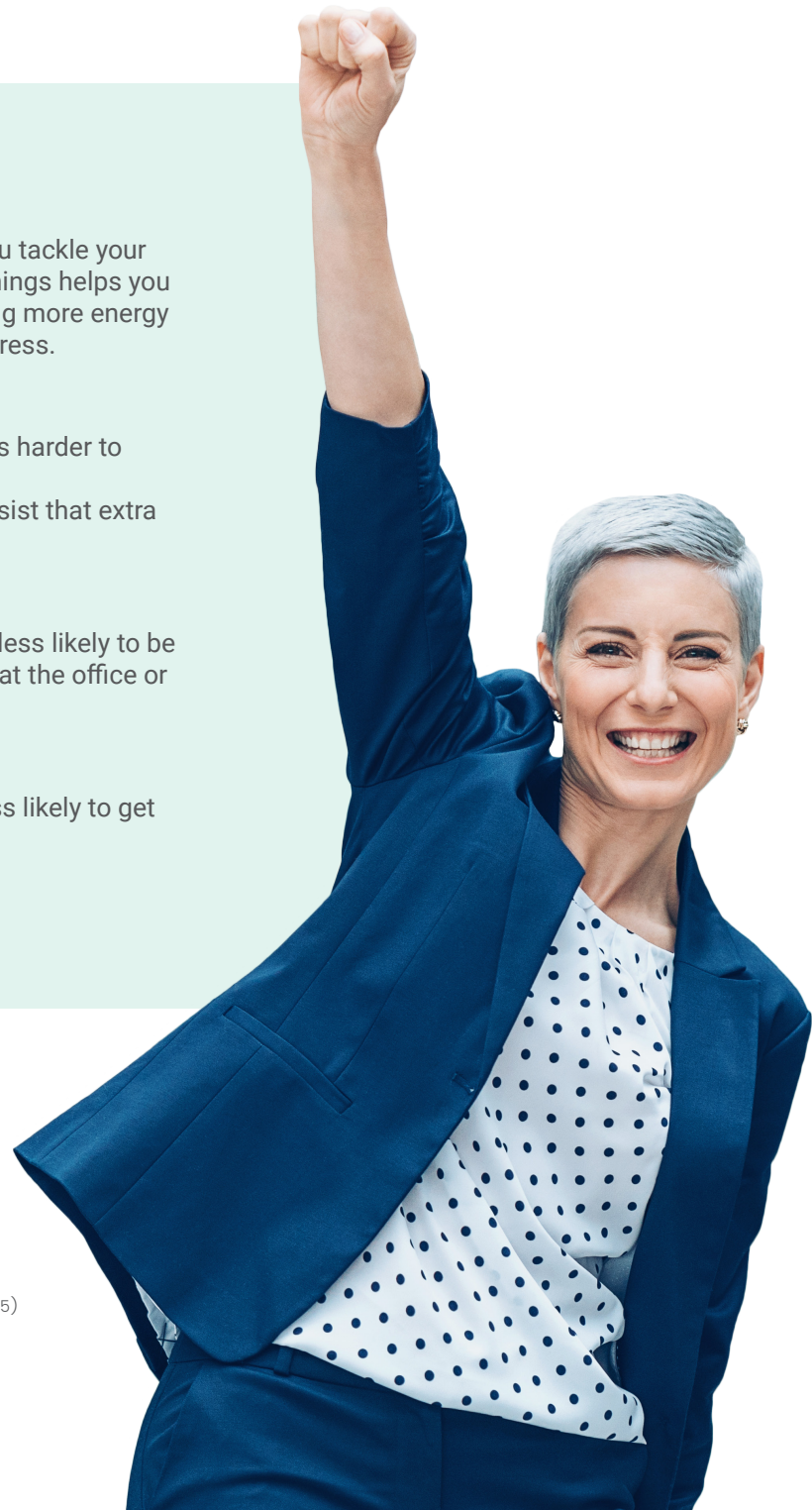
Sources:
Interactions between sleep habits and self-control. Frontiers in Human Neuroscience (2015)

Stress and immunity in humans: a meta-analytic review. Psychosomatic Medicine (1993)

Cumulative sleepiness, mood disturbance, and psychomotor vigilance performance decrements during a week of sleep restricted to 4-5 hours per night. Sleep (1997)

AMP Your Resolution

The secret ingredient to help you achieve your resolutions this year

sleepscore labs™

Every year we make resolutions to improve ourselves, from losing weight to getting in shape to reducing stress or eating better. SleepScore statistics show that one major reason keeps us from succeeding and it's something we can do something about – getting better sleep.

Here's why:

RESOLUTION SUCCESS

Compared to people with normal weight, people with obesity show **17 to 22 minutes decrease in total sleep time.** That's a lot in sleep terms!

People that reported to have **5 drinks or more**, are on average, awake **20 minutes more** at night.

People between 40 - 60 are getting the least amount of sleep. **This age group could be at the highest risk** for not succeeding with resolution goals.

Exercise is **positively related** to amount of sleep during the week.
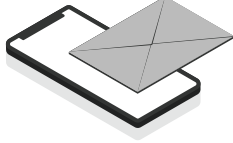
On average, people who sleep in a room with a temperature **65 degrees or lower sleep almost 30 minutes longer** than those in a room with a temperature of 77 degrees or higher.

SUCCESS WITH SLEEP
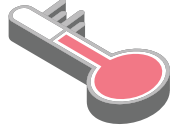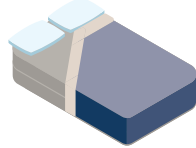
Day 01	Day 02	Day 03	Day 04	Day 05	Day 06	Day 07
Daytime Behavior	Winding Down	Pre-Sleep Routine	Bedroom Environment	Falling Asleep	Staying Asleep	Waking Up

Day 08	Day 09	Day 10	Day 11	Day 12	Day 13	Day 14
Your Pillow & Mattress	Sheets, Blankets & Pajamas	Zero Light	Keep it Quiet	Keep it Cool	Pet Problems	Keep it Clean
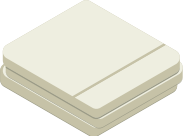
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Keep Your Health in Check	Exercise Early	Curb the Coffee	Eat Early	Alcohol Curfew	Keep Stress Away	Winding Down
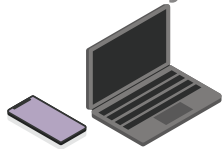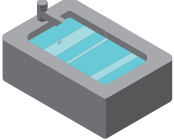
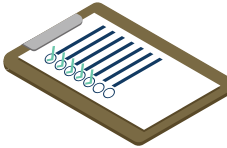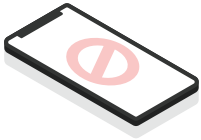| Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Warm Up	Breathe Deep	Progressive Muscle Relaxation	Soothing Sounds	Relaxing Routines	Consistent Bedtime	Do Not Disturb

sleepscore labs™