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For more information, contact Valori Stone  
Family & Community Wellness Agent, Wildcat Extension District  
[valori@ksu.edu](mailto:valori@ksu.edu), 620-378-2167

## **Dream Team**

Do you feel tired all the time? Are you getting enough quality sleep? Numerous health organizations and medical professionals recommend getting a good night's sleep for overall health and well-being. Everyone's need for sleep varies, but most adults require 7-9 hours per night.

Sleep helps regulate mood, reduces stress, enhances attention, creativity, and decision-making abilities. Sleep strengthens the immune system, making the body more resilient against infections and illnesses. Sleep is associated with lower blood pressure and reducing the risk of a heart attack or stroke. Athletes and individuals engaged in physical activities benefit from adequate sleep, it helps the body repair and regenerate itself and improves athletic performance. Sleep can even help with losing weight.

Some tips to help ensure you are part of the dream team is to get plenty of sunlight and exercise during the day. Go to bed and wake up at the same time daily, this helps regulate your body's internal clock. Develop calming activities before bedtime, such as reading a book, taking a warm bath, or practicing relaxation techniques. Limit the consumption of liquids and avoid caffeine, heavy meals, nicotine and stimulating activities or electronics close to bedtime.

Make sure your bedroom is dark, quiet, and cool. Ensure that your mattress and pillows provide proper support and comfort. If you consistently struggle with sleep, consult a healthcare professional to rule out any sleep disorders. Establishing these healthy sleep habits can lead to improved sleep quality over time.

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