Make Healthy Sleep a Priority

(SALEM, OHIO) – May 24, 2022 – Getting quality sleep is important to staying healthy, yet an estimated one third of American adults experience poor sleep at least one night a week. May is Better Sleep Month, and the Salem Sleep Center is encouraging people to make their sleep a priority by practicing good sleep habits.

Tips for a Good Night's Sleep
There are many things people can do before and during bedtime to improve the quality of their sleep:

- **Get a full night's rest:** While sleep needs vary from person to person, most adults should aim for between 7 and 9 hours of sleep per night.
- **Be consistent:** Go to bed and wake up at the same time every day, including on the weekends.
- **Put away electronics:** Avoid using devices like smart phones and tablets at least one hour before bedtime.
- **Create a peaceful sleeping environment:** Make sure your bedroom is quiet, dark and at a comfortable temperature.
- **Relax before sleeping:** Prepare yourself for sleep with a relaxing activity like reading or meditation.
- **Watch what you eat and drink:** Avoid large meals, caffeine and alcohol before bedtime.
- **Exercise regularly:** Being physically active during the day can help you fall asleep more easily at night.

Some of the most common sleep problems include:

- **Obstructive sleep apnea**, where a person stops breathing during sleep.
- **Restless leg syndrome**, where a person experiences an intense and often irresistible urge to move their legs.
- **Narcolepsy**, where a person has difficulty controlling whether they sleep or stay awake.
- **Insomnia**, where a person has trouble falling asleep or staying asleep.

Local Care for Sleep Disorders
The Salem Sleep Center offers a comfortable setting for a variety of diagnostic sleep studies that can help identify sleep problems. A service of Salem Regional Medical Center, the Salem Sleep Center is located at 2094 East State Street, Suite F, in Salem. For more information, call 866-520-5646.