



## HEALTH INDEX SCORE

HEALTH ENHANCEMENT RESPONSE

*Learning how to live healthy®*

SLEEP

Sleep is important for health and well-being. Sleep helps us retain information, learn, and process and store memories. We need sleep to rejuvenate, grow muscle, repair tissue and make hormones. Not getting enough sleep is linked to a variety of diseases, motor vehicle crashes and accidents at work.

### AMOUNT OF HOURS SLEPT EACH NIGHT:

- Healthy is 8-9 hours for adults 65 years or younger or 7-8 hours for adults 65 years or older.
- Health Risk is 7-8 hours for adults 65 years or younger or 6-7 hours for adults 65 years or older.
- Unhealthy is less than 7 hours for adults 65 years or younger or less than 6 hours for adults 65 years or older.

- HEALTHY** – Look on the back side of this card to see how to keep your sleep level in the healthy range.
- HEALTH RISK** – You are on the border between healthy and unhealthy. Look on the back of this card to see how to make sure you're getting enough sleep.
- UNHEALTHY** – Not sleeping at least 7 hours a night can lead to the development of diabetes, cardiovascular disease, obesity and depression. Look on the back of this card to see how you can get enough sleep.

**CRCH**

CENTER FOR RURAL &  
COMMUNITY HEALTH

[CRCH@osteو.wvsom.edu](mailto:CRCH@osteو.wvsom.edu)

<https://crch.wvsom.edu>

# What to do for ...

**HEALTHY SLEEP:** Continue to maintain healthy sleep habits.

**HEALTH RISK SLEEP:** Try to make a consistent sleep schedule by going to sleep and waking up at the same time every day. Make sure your bedroom is dark, quiet and a comfortable temperature. Remove electronic devices from the bedroom. Don't drink caffeine or alcohol before bed. Don't eat a big meal before bed and make sure to get exercise.

**UNHEALTHY SLEEP:** Try to follow the suggestions from the health risk above and consult your doctor. Before your doctor visit, make a diary of your sleep habits for 10 days and include any naps, food, beverages and exercise during the day.

## Get more information

### ABOUT HEALTHY SLEEP HABITS BY...

- Showing this card to your doctor or other health care professional.
- Contacting the WVSOM Center for Rural and Community Health online at <https://crch.wvsom.edu>, by calling 800-566-1258, or by email [CRCH@osteو.wvsom.edu](mailto:CRCH@osteو.wvsom.edu)
- Talking with a Community Health Education Resource Person (CHERP), also known as a community health worker, or a health care provider in your community. To find a community health worker near you, contact the WVSOM Center for Rural and Community Health as directed above.

Tracking

Identification \_\_\_\_\_

*Sponsored by the West Virginia Clinical and Translational Science Institute*

