

STRESSED &
SLEEPLESS?Find
your
way
back

to slumber

About 70 million Americans struggle with a sleep disorder. According to the American Sleep Association, insomnia is the most common sleep disorder among adults in the United States, affecting approximately 30% of the population.

2020 has been a year of uncertainty and events unprecedented in our lifetimes, leading to high levels of stress—which unfortunately can make sleep issues worse.

“Stress can fragment sleep, and fragmented sleep is associated with an increase in stress,” explains Kevin Carter, DO, medical director of the Sleep Center at Kettering Medical Center. The relationship between stress and sleep can turn into a harmful cycle, which is why it’s important to address sleep issues early, especially when navigating a stressful period in your life.

“Sleep is an important restorative process and essential for life,” says Dr. Carter. “In addition to improved mood and awareness, sleep quality is linked with maintaining a healthier weight, decreased rates of depression and anxiety, and healthier immune function, among other physical and mental health benefits.”

Set yourself up
for sleep success

- **AVOID FACTORS THAT KEEP YOU AWAKE.** Caffeine, heavy eating, and intense exercise should all be avoided before bedtime. They create responses in your body that can interfere with your ability to fall asleep.
- **CREATE A PEACEFUL SLEEPING ENVIRONMENT.** Don’t watch TV, read, or scroll through your phone while in bed. Your bed and bedroom should be associated only with sleeping. Play soothing music, use dim lighting, and select bedding that is comfortable. Creating a calm environment will help you relax and fall asleep faster.
- **ESTABLISH A ROUTINE.** “The best thing you can do for better sleep is set a regular bedtime and wake-up time that allows for seven to eight hours of sleep time,” says Dr. Carter. Having a ritual and sticking to it allows your body to maintain a schedule that promotes consistent, quality sleep.

Time for
a good
night’s rest

With six locations in Southwest Ohio, Kettering Health Network Sleep Centers offer comprehensive treatment to help you sleep better. An expert team of physicians and providers safely interviews, examines, tests, treats, and follows up with every patient.

SLEEP CENTER
LOCATIONS

- Beavercreek
- Englewood
- Hamilton
- Huber Heights
- Kettering
- Miamisburg

▼ SWEET DREAMS

If you have been struggling with sleep, you might benefit from consulting a sleep specialist. Visit ketteringhealth.org/sleep or call **1-844-802-9410** to request an appointment.