

# HEALTHY LIVING HANDBOOK

Book Four - Sleep



“Encouraging Healthy & Happy Lives”

MY NAME

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MY FRIENDS

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# Introduction

Health and wellness is an important part of being able to live a happy life. COR believes that in order to realize our dreams and accomplish our goals, we need to first be healthy and physically able to succeed!

These books are full of useful information and fun activities that will help guide you on your path to becoming healthy for a happier life.

Through understanding the importance of eating right, exercising, sleeping well, staying hydrated, keeping clean, and staying safe you will be able to improve your life and help others as well!

## TYPES OF BOOKS

Nutrition	Book One
Physical Activity	Book Two
Hydration	Book Three
Sleep	Book Four
Personal Hygiene	Book Five
Personal Safety	Book Six

You are Reading Book Four  
This book is great to read  
with a friend





## Chapter Four - Sleep

*“No day is so bad, that it can’t be fixed with a good night’s sleep”*  
Author Unknown

Sleep is something that is critical for every living creature. For humans, getting enough sleep is just as important as eating good foods and exercising regularly.

Your body needs rest in order for it to work properly every day.

# Why Do I Need To Sleep?

There are many good reasons to get lots of sleep:

1 Sleep lets your body repair itself from injuries or illnesses

2 Sleep improves your immune system

3 Sleep helps with weight loss by regulating the hormones that tell you when you are full or hungry

4 Sleep gives you more energy for the next day

5 Sleep helps rest and refresh your mind

6 Sleep helps get rid of stress by calming you down

# Do You Get Enough Sleep?

Think back to the last time you didn't get enough sleep. Below are some things that may happen when you don't get enough sleep. Did you experience any of these?

- \_\_\_ bad mood (grouchy, sad)
- \_\_\_ hard to pay attention
- \_\_\_ lack of energy
- \_\_\_ lack of strength
- \_\_\_ poor memory
- \_\_\_ sleep more during the day
- \_\_\_ easier to get sick
- \_\_\_ more hungry than usual

If you remember other experiences that you had when you were tired, write them down.

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# How Much Sleep?

Now you know **why** it is good to get lots of rest, but **how** much sleep do you need each night?

- Humans don't need to sleep
- 5 hours
- 12 hours
- 7-8 hours



## Did You Know?

Although it is recommended that the average adult needs 7-8 hours of sleep each night, every person is different. Some people need more and some people need less.



# How To Get Enough Sleep

One of the best ways to ensure you are getting enough sleep is to go to bed when your body tells you.

Just like you eat when you are hungry, your body will tell you when you need to sleep. Look for signs such as yawning, lazy eyes, and lack of energy.

If you are still tired after you wake up in the morning that means you need to try to go to bed earlier.

It is also a good idea to go to bed at the same time every night, this helps to make sure you are getting enough sleep on a regular basis.

**Listening to your body ensures you're getting the proper amount of sleep!**

## Sleep Quiz - How Well Do You Sleep?

The following questions are related to sleep. Each question has multiple answers with corresponding values. Put a check beside the answer that fits you the best and add up your score at the end.

### How many hours of sleep, do you usually get a night?

- 4-6 hours (2 points)
- 7-8 hours (4 points)
- 9-11 hours (3 points)

### Do you go to sleep at the same time every day?

- No, never (2 points)
- Sometimes (3 points)
- Yes, always (4 points)

### What position do you usually sleep in?

- On my back (4 points)
- On my side (3 points)
- On my stomach (2 points)

### Do you follow a routine before you go to bed every night?

- No, every night is different (2 points)
- Sometimes (3 points)
- Yes, I have a set routine each night (4 points)

### How often do you nap?

- Frequently, at least once a day (2 points)
- Sometimes, 3-4 times a week (3 points)
- Rarely, once a week (4 points)

## Add Up Your Score

\_\_\_\_\_

+ \_\_\_\_\_

+ \_\_\_\_\_

+ \_\_\_\_\_

+ \_\_\_\_\_

TOTAL = \_\_\_\_\_

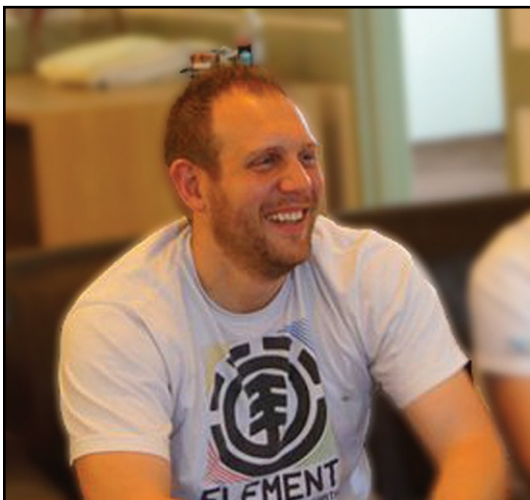
**10-12 You need to improve your sleep pattern!** Adding routine to your sleep schedule will ensure that you are always getting the rest you need each night. Be sure you are getting at least 7 hours of uninterrupted sleep every night. Try turning off all electronics and dimming the lights half hour before you'd like to go to bed so that your brain has enough time to get ready for bed.

**13-16 Your sleep pattern could use a little bit of work.** You are probably getting enough sleep most of the times, but remember that it is

important to get enough sleep all the time. Good sleeping patterns are the result of consistent routines and bed times. A good night's rest will help you have a better day!

**17-20 You are doing a great job getting lots of sleep and keeping a good routine.** Keep up the good work in going to bed on time and listening to your bodie's messages. Make sure you aren't feeling sore or tired in the morning; this could be a sign that you need to switch sleeping positions or try using a different pillow.

## According To Jim



Here are some tips from Jim that will help you get a good night's sleep

- Go to bed and get up at the same time every day
  - Eat healthy and exercise regularly
- Try not to nap if you don't need to, and keep necessary naps short
- Make sure your room is comfortable (cool, dark, quiet, and clean)
- Have a routine before you go to bed.
- Do something to calm your mind (read a book, write in a journal)

# PERSONAL GOALS

Together with your friend, come up with  
**ONE** short term goal (within the next week)  
+  
**ONE** long term goal (within the next month)  
to improve your sleep.

## Short Term Goal

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## Long Term Goal

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Now take the next week to apply the knowledge that you've learned and to do more research if you would like more information. Don't hesitate to ask questions if you are unsure about something.

Write down some things you have learned  
from the chapter and any questions that  
you would like answered

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# Glossary

What does this word mean??

## Resources

Hales, Dianna & Lauzon, Lara. *An Invitation to Health*. Toronto: Thomson Canada, 2007.

“Healthy Living”, “Food and Nutrition”. Health Canada. [www.hc-gr.gc.ca](http://www.hc-gr.gc.ca) [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)

“Health”. Canadian Living. [www.canadianliving.com](http://www.canadianliving.com)

“Healthy Weight”. Healthy Ways. [www.obesitynetwork.ca](http://www.obesitynetwork.ca), [www.canadian-health-network.ca](http://www.canadian-health-network.ca), [www.dietitians.ca](http://www.dietitians.ca)

*Friendships, Feelings & Futures*. New Brunswick: New Brunswick Association for Community Living, 2004.

[freedigitalphotos.net](http://freedigitalphotos.net)

## Sleep

I P J R Y C V S K A O R R P C  
Z R Y O B S V U K O D V V S D  
Z F Y G A M K O Y P D E N E D  
R C B K L A M L T D E L I C Z  
Y B V V L E M A E S R O G O N  
W E E J U R E R M S I V H M Y  
B T F D L D X O B H T M T F S  
D Z H A F Y H X B H X O M O O  
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C J P S L B P S K C V J P R R

BED  
BLANKET  
COMFORTABLE  
DARK  
DREAMS  
EXHAUSTED  
LULLABY  
MOON  
NIGHT  
NIGHTMARES  
PILLOW  
REST  
SNORING  
STARS  
TIRED



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