

WTNS Radio OSU Extension Update for January 6, 2020
Healthy People. Healthy Finances. Healthy Relationships.

On today's OSU Extension update for Healthy People, Healthy Finances, and Healthy Relationships we'll talk about good sleep habits.

One blog that I enjoy reading from time to time comes from The Ohio State University Wexner Medical Center. Recently I learned some interesting and helpful information about sleep from their sleep medicine specialists.

When adequately rested, your body and mind function most optimally. Sleep helps improve memory and brain function and contributes to a healthy weight, mental health, your ability to manage stress, and your ability to retain new information. It also promotes clear thinking, lowers your risk of injury, and improves your mood.

Some of us may occasionally struggle with our sleep, while for others this is a constant battle. This may mean that there are some underlying issues that need to be addressed professionally. But often changing our behavior can result in better and more reliable sleep. Here are some tips from the professionals:

- Exercise! Getting physical activity, particularly aerobic exercise, can help you feel more awake and alert. If you can, try to time your exercise for the times of day when you have a natural circadian lull—usually after lunch time.
- Caffeine in moderation is fine for most people. Having a cup or two of coffee earlier in the day can help you feel more energized. Try to avoid caffeine past 3 p.m. so it doesn't disrupt your sleep.
- Avoid the blue-light emitted from electronic devices such as phones, tablets and TVs at least an hour before bedtime. This can lead to better, more restful sleep.
- Don't skip meals, if possible. Not only is food a source of energy, but regularly scheduled meals also play a role in regulating your circadian rhythm.
- Don't take a long nap. Sleeping too much during the day will throw off your regular sleep cycle and cause insomnia. If absolutely necessary, a short 20-30 minute nap can help you get through the day without preventing you from sleeping at night.

According to Ryan Donald a pulmonary, critical care and sleep physician at the OSU Wexner Medical Center, while everyone's exact sleep requirements are different, on average you should

be getting between six and nine hours of sleep a night. Chronic sleep deprivation can lead to more serious effects, such as worsening depression and anxiety, and high blood pressure and weight gain.

A recent study divided participants into three groups. The first group was allowed plenty of time to sleep -- nine hours each night for nine nights. The second group was allowed five hours per night over that same period. The third group slept no more than five hours nightly for five days, followed by a weekend during which they could sleep as much as they liked before returning to two days of restricted sleep.

Researchers found that those who didn't get enough sleep during the week and engaged in weekend "catch-up" sleep gained weight. They also showed a 27% lower insulin sensitivity, which is a risk factor for type 2 diabetes.

About a third of adults don't get enough sleep, and this study shows it's likely contributing to increasing rates of obesity in the United States. If you practice good sleep habits and still find sleep elusive, check out the OSU Wexner Medical Center website by typing Ohio State and sleep into your favorite search engine.

In closing, at OSU Extension, we are proud to work for Coshocton County to help improve our families, farms, and businesses. Please feel free to contact OSU Extension for more information at 740-622-2265 or visit our website at coshocton.osu.edu. Make it a healthy day!