



# TARGET TiPS

## SLEEP LIKE YOU MEAN IT



### METABOLISM MATTERS

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Did you know sleep schedules can affect your metabolism as well as your overall health? Check out this presentation by Dr. Satchin Panda at the Salk Institute to learn more about sleep's effect on metabolism: [info.korr.com/sleep-health](http://info.korr.com/sleep-health).

*We live in a fast-paced, twenty-four-hours-a-day world. It's easy, with so many priorities clamoring for our attention, to leave ourselves little time to recharge. As every successful person finds, however, good sleep habits are a game changer. Though it might at first seem counter-intuitive to prioritize sleep in a busy schedule, the results in productivity, mental and emotional health, and physical energy will more than repay the time you spend in developing and following healthy sleep habits.*

**Put the screens to bed.** The endless stream of social media voices, news articles, and even seemingly harmless entertainment that occupy our waking hours is dizzying. Add to that the time we spend looking at screens for work and for managing our personal lives and it's not surprising to think that our eyes and brains would need a break from phone and computer screens. Set a designated time - an hour or so before going to sleep - to put the screens away. Shut out the noise of the outside world for a few minutes to allow yourself to wind down: read, meditate, repeat a list of meaningful affirmations, keep a journal or do whatever will help you to feel safe, whole, and ready for sleep.

**Consistency matters.** Choose a bedtime and stick with it as often and as closely as possible. While there is wisdom in the old adage about "early to bed, early to rise," the reality is that not all schedules can accommodate an early bedtime. Consistency in sleeping routines, however, will decrease your body's stress level and allow you to get the maximum benefit out of each moment of sleep.

**Refuse to snooze.** It's well known that your body passes through several distinct phases of sleep which comprise a sleep cycle. These cycles are usually about ninety minutes long. When you wake up to an alarm and immediately go for the snooze button to buy an extra five or ten minutes of sleep, your body doesn't get enough time to enjoy the quality sleep it needs to feel rested. Instead it gets a counterfeit "sleep" that leeches valuable time from your busy day, without the benefits of rest and rejuvenation.