

# MY Monthly News



## Why Sleep Matters

Getting enough sleep can be difficult, but it's essential for your physical health, mental well-being, immune system, and daily performance. Understanding the benefits of sleep can help you make it a priority.

### What Happens When You Sleep?

While you sleep, your brain clears waste, strengthens memories, and supports mental clarity. Your body also lowers blood pressure, regulates heart rate, and releases hormones that help repair and restore tissues.

### The Health Benefits of Sleep

Sleep supports nearly every aspect of health, including:

- Stronger immunity: helps your body fight illness and respond to vaccines.
- Healthy weight and metabolism: regulates hunger hormones and lowers diabetes risk.
- Heart health: reduces the risk of high blood pressure, heart disease, and stroke.
- Better mood and focus: improves concentration, learning, and emotional well-being.

### Simple Steps for Better Sleep (Good Sleep Hygiene)

Healthy sleep habits can make a big difference:

- Keep a consistent sleep schedule.
- Avoid screens for at least an hour before bed.
- Limit caffeine, nicotine, alcohol, and heavy meals in the evening.
- Make your bedroom cool, dark, and quiet.
- Stay active but avoid intense exercise close to bedtime.
- Talk with a healthcare provider if sleep problems persist.

### Get the Help You Need.

Sleep is a key part of a healthy lifestyle, just like nutrition and exercise. Identifying and treating sleep issues can improve your overall health, energy, and quality of life. Prioritizing sleep today can help you feel healthier, happier, and more energized tomorrow.

## Seven Types of Rest

Not every break provides the same benefit. The best breaks match the type of rest your body or mind needs, helping you return feeling refreshed and recharged.

### Seven Types of Rest

- Physical: Stretch, move, or relax.
- Mental: Step away from focused thinking.
- Sensory: Take a break from screens and noise.
- Creative: Enjoy music, nature, or a change of scenery.
- Emotional: Acknowledge and express your feelings.
- Social: Spend time with uplifting people or enjoy solitude.
- Spiritual: Connect with what gives your life meaning.

You don't need all seven every day—choosing the right type of rest can help you recharge more effectively.



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## National Health Observances

Each month, we feature select National Health Observances (NHOs) that highlight important health and life issues affecting people every day.

**National Immunization Awareness Month** highlights the importance of routine vaccinations.

**Summer Sun Safety Month** highlights the need to stay safe while enjoying summer.

**National Grief Awareness Day** is August 30th, which highlights the myriad of ways that individuals cope with grief and the time it takes to heal from loss.

## Mental Health Minute

### Taking Care of Your Mind

- Take breaks from the news and social media.
- Set aside time to relax and recharge.
- Practice deep breathing, stretching, or meditation.
- Write in a journal.
- Spend time outdoors.
- Make time for hobbies and activities you enjoy.
- Practice gratitude by reflecting on things you're thankful for.
- Connect with others.
- Talk with trusted friends or family about how you're feeling.
- Stay involved with your community or faith-based organizations for support.

## Live Monthly Webinar

### Sleep Basics

August 12, 2026

1:30pm to 2:30pm EST

Sleep is often the overlooked cornerstone of a healthy lifestyle. In this enlightening seminar, participants will explore the physical and mental benefits of a good night's sleep and discover how to establish daily habits that promote a restorative sleep environment. We'll also delve into effective relaxation techniques to address insomnia and improve overall sleep quality. By the end of this session, you will leave equipped with valuable resources and actionable strategies to enhance your sleep and elevate your quality of life. Join us to unlock the secrets of restorative rest!



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