

SLEEP HEALTH

Be Active and Sleep Better

The CDC identifies that the evidence for getting a good night's sleep involves being physically active. Physical activity can make you feel better, function better, and sleep better¹. John Hopkins physician C. Gamaldo, identifies that research shows physical activity, such as aerobic exercise, increases the amount of deep sleep that one needs to rejuvenate the brain and the body.²

WORKOUT TIPS FOR A GREAT SLEEP

Plan your workout to ensure you'll get the best results both in the gym, and while you sleep.



Timing is Everything

Planning to exercise about three hours before going to sleep will help the body relax and cool down, which is the perfect way to settle down for rest.² Engaging in only 30 minutes of aerobic exercise can improve sleep quality for most people. Remembering to be mindful of the timing of the exercise routine and understanding that it can affect the ability to get optimal sleep quality is essential.² Exercise early in the day to get a good night's sleep.

MORNING

Suggested workout: Cardio

When working out in the morning – allow more time to warm up to get muscles ready.

AFTERNOON

Suggested workout: Strength

Try to allow your body 4-5 hours to fall asleep after a strenuous strength workout.

EVENING

Suggested workout: Yoga

Avoid high impact workouts late in the evenings. They stimulate the brain, preventing us from falling asleep.

Tips for Better Sleep

Determining which exercises help one sleep varies from person to person. Mindful attention to the following techniques can improve your sleep quality:

1. Experiment with timing and intensity - Avoid late night exercise routines. Try working out early in the morning or mid afternoon.
2. Getting better sleep can help you exercise more often. Begin your regimen when you have slept well. This may help you stick to your exercise plan.
3. Don't overdo it! Although longer exercise sessions will incur good results, 30 minutes of physical aerobic activity a day is enough for healthy sleep hygiene.



Pacheco, D. (2022). *The best exercises for sleep*. <https://www.sleepfoundation.org/physical-activity/best-exercises-sleep>

1. CDC (n.d.). *Physical activity basics*. <https://www.cdc.gov/physicalactivity/basics/index.htm>
2. John's Hopkins (). *Exercising for better sleep*. <https://www.hopkinsmedicine.org/health/wellness-and-prevention/exercising-for-better-sleep>



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Check out the calendar on other side to
see what is going on this week

HeRO Spotlight:



Kadena Health Promotion partnered with Naval Hospital and MCCA Health Promotion hosting in a weight event for the New Year on 11 January 2023 at the BMC Kinser Clinic. We brought the portable 270 InBody analysis machine to measure an individual's body composition as well as passed out healthy weight material. Great team dynamic. All efforts contributed to having between 27-30 beneficiaries receive InBody analysis.



The 603rd Air Operations Center reached out to the **Ramstein Health Promotion** team back in January looking for wellness information for their staff who mostly sit at desks throughout the work day. After a human performance brief, 57 body composition assessments were completed within a two-hour period.

Got questions on other health issues related to sleep health, physical activity, tobacco, or nutrition? Share them with us and we will help you. "Bust The Myths!" Send your questions to usaf.jbsa.afmsa.mbx.hpo@mail.mil. Make sure to include in the subject line "Health Myth Buster." For more online health tips visit the Air Force Health Promotion webpage <https://www.airforcemedicine.af.mil/Resources/Health-Promotion/>



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Community Events

HERE'S WHAT'S GOING
ON WHERE YOU LIVE

Your Local Health
Promotion Office



Contact:

Phone:

Email:

Monday	Tuesday	Wednesday	Thursday	Friday