

February 2019 - Later to Rise, Not Earlier to Bed

If you thought trying to get out of bed on time each morning was your own private struggle, you aren't alone. The recommended hours of sleep each night is 8.5 to 9.5 hours but many are not coming close to meeting that and many of us know from personal experience, being tired affects mood, attention, memory and behavior control. People clearly suffer when they do not get enough sleep. So can't they just go to bed earlier? The answer is: not really. Research indicates that today's society has difficulty falling asleep before 11 p.m.

How does it relate to Self-Awareness and Self-Advocacy?

While it's important to aim for the recommended 8.5 to 9.5 hours of sleep each night and have a consistent sleep routine, it's also clear that it's not always possible. On those days, when starting the day feeling tired, make sure to communicate how you're feeling and what you need. For example, "I'm feeling tired and need time to think." "I'm feeling tired and need a break." Otherwise, if left unsaid, others may not know how you're feeling.