

# zz Zesty Sleep

TIP #  
**1**

## PHYSICAL ACTIVITY



A lack of sleep is quickly turning into a public health crisis. This makes getting enough sleep more important than ever. Promoting healthy sleep behaviors enhances performance and allows you to experience life fully alert, engaged, and awake.

*Physical activity is one great way to get a better night's sleep.*



### WHAT THE STATS SAY



Among adults in the United States, about **35 to 40%** of the population has problems with falling asleep or with daytime sleepiness.

People who engage in more physical activity also say they feel less sleepy during the day, compared to those with less physical activity.

The relative risk of often feeling overly sleepy during the day compared to never feeling overly sleepy during the day decreases by 65% for people meeting physical activity guidelines.

People sleep significantly better and feel more alert during the day if they get at least 150 minutes of exercise a week.

**150 minutes** of moderate to vigorous activity a week, which is the national guideline, provides a **65%** improvement in sleep quality.



Physical activity makes leg cramps while sleeping 68% less likely.

Physical activity decreases difficulty concentrating when tired by **45%**

### 5 BENEFITS OF PHYSICAL ACTIVITY

#### 1 Higher Quality Sleep



Exercise of all types not only helps you fall asleep quicker but stay asleep and feel more refreshed upon awakening.

#### 2 Reduce Your Stress While Boosting Your Health



Exercise of any type is good for your total health including:

- Psychological Health
- Physical Health
- Sleep Health

#### 3 Fall Asleep Sooner

If you exercise 2-3 hours before bedtime, you will fall asleep sooner than if you exercise immediately before going to bed. Why?

- You're all pumped up, sweaty, and maybe even dehydrated.



#### 4 Sleeping Pills Aren't the Only Solution



Evidence suggests that acute and regular exercise are alternative intervention for insomnia according to study in Sleep Medicine Review.

#### 5 Walking is Easy & Cheap for Most of Us



Research studies demonstrate the walking-sleep connection especially among postmenopausal women.

#### QUICK FACT

In 2013, a poll by the National Sleep Foundation found that **83%** of people report sleeping better when they exercise than when they don't, even if the exercise is late at night.



### WAYS TO GET PHYSICAL



**Ask yourself: Do you get enough exercise?**

- Regular exercise promotes better sleep
- Exercise for at least 30 minutes each day



**Do you make sure your exercise is finished 3 to 6 hours prior to bedtime?**

- Exercise daily but not within two hours of bedtime
- Exercise at the right time



**Walk for approximately 45 minutes at a brisk pace in the morning and late afternoon, after dinner**

*Physical activity is a great way to increase the quality of your sleep. Make sure you check out all of Zesty Sleep's 10 simple tips for a better night's sleep!*

