



## Broward County Government Newsletter

March 2020

Volume 3, Issue 3

### Community Care Plan, "the health plan with a heart"

#### March 13 is World Sleep Day!

##### Chronic Diseases and Sleep

1. **Diabetes:** Not getting enough sleep is linked to the development of Type 2 Diabetes. The quality and duration of sleep are also a predictor of a person's blood sugar over the last three (3) month levels. Improving sleep can help improve blood sugar levels.
2. **Cardiovascular Disease:** People with sleep apnea are more likely to develop hypertension, stroke, coronary heart disease, and irregular heartbeats than people without a sleep disorder.
3. **Obesity:** Short sleep can lead to metabolic changes in your body that could lead to obesity. Short sleep is also linked to excess body weight, especially in children.
4. **Depression:** There is an association between sleep apnea and depression. It is important to monitor depression in people with sleep disorders.

##### How Long Should I Sleep?

The CDC outlines recommended hours of sleep based on your age:

- Newborn (0-3 Months): 14-17 hours (National Sleep Foundation). There is no recommendation from the American Academy of Sleep Medicine.
- Infant (4-12 months): 12-16 hours per day (with naps)
- Toddler (1-2 years): 11-14 hours per day (with naps)
- Preschool (3-5 years): 10-13 hours per day (with naps)
- School-age (6-12 years): 9-12 hours per day
- Teen (13-18 years): 8-10 hours per day
- Adult (18-60 years): 7+ hours per night
- Adult (61-64 years): 7-9 hours
- Adult (65 years+): 7-8 hours

##### Sleep Tips

- Sleep Schedule: Go to bed and wake up at the same time every day.
- Prep your room: Make your room quiet and a comfortable temperature so you are able to relax.
- Electronics: Do not keep electronics in your bedroom.
- Food and Drink: Do not have a large meal, caffeine, or alcohol before bed.
- Exercise

Sources:

[www.cdc.gov/sleep/about\\_sleep/chronic\\_disease.html](http://www.cdc.gov/sleep/about_sleep/chronic_disease.html)

[www.cdc.gov/sleep/about\\_sleep/sleep\\_hygiene.html](http://www.cdc.gov/sleep/about_sleep/sleep_hygiene.html)

[www.cdc.gov/sleep/about\\_sleep/how\\_much\\_sleep.html](http://www.cdc.gov/sleep/about_sleep/how_much_sleep.html)

*Always consult your physician before making changes to your lifestyle or healthcare routine. This information is available for free in other languages. Please call Member Services at 1-866-224-5701 Monday – Friday 8:00am – 7:00 pm EST. For hearing impaired assistance call: TTY/TDD 1-855-655-5303. Si usted necesita esta información en Español llame al 1-866-224-5701 TTY/TDD 1-855-655-5303 de Lunes a Viernes desde las 8:00am a 7:00pm EST. Si ou vie resevwa enfomeseyon sa en Kreyol rele nimewo telefon sa 1-866-224-5701 TTY/TDD 1-855-655-5303 Lendi jiska Vandredi de 8:00am a 7:00pm EST.*