



WINNEBAGO
COUNTY EMPLOYEE

WELLNESS



About the Wellness Committee

The Winnebago County Wellness Committee is comprised of employees from various departments within the county. The committee members all have a passion for keeping our residents and peers well. The committee champions meet on a monthly basis to connect on ways to continue to drive health and wellness for the employees of Winnebago County.

If you have any topics relating to employee wellness or health, we would love to hear from you!

Sleep is vital to live a healthy and happy life.

According to the University of Michigan school of Public Health, sleep is essential to every process in the body, affecting our physical and mental functioning, our ability to fight disease and develop immunity, and our metabolism and chronic disease risk. Basically that means, sleep is as good for you as eating healthy and exercise!

When we get enough sleep we get sick less often, lower our risk of chronic diseases like heart disease, stroke and type 2 diabetes, we reduce stress, help stay a healthy weight, and improve your metabolism.

Ideally, adults should get about 7 hours of sleep each night with about one and a half to two hours being deep sleep (REM sleep).

Ever wonder what your cat does
all day?
Probably Sleep!

Did you know on average cats sleep 15 hours per day! Cats do dream when they sleep and cats are crepuscular- which just means that they are the most awake at dawn and dusk, and favor sleeping during midday.



Things You Can Do to Improve Your Sleep

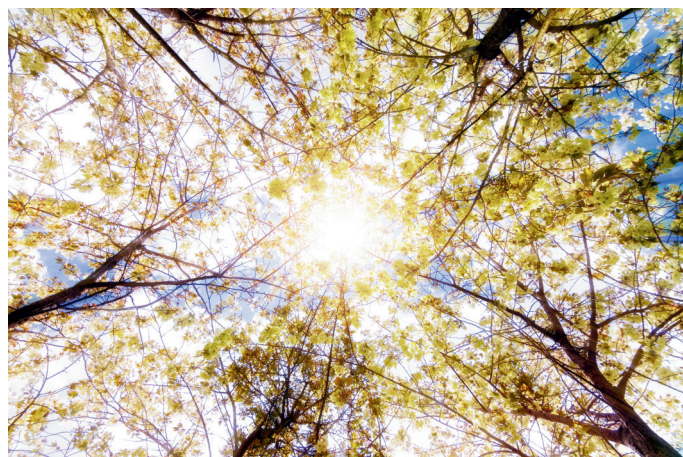
- **Establish a regular sleep schedule-** try to go to bed and wake up at the same time each day. Even Weekends!
- **Get enough sunlight during the day-** Sunlight exposure helps regulate your body's natural sleep/wake cycle.
- **Exercise earlier in the day** and avoid hard exercise close to bedtime.
- **Avoid screens** for at least 30 minutes before bed.
- **Invest in a proper pillow.** Perhaps try a posture pedic pillow or one that works for you. Investing in your sleep is investing in your health!
- **Talk with a healthcare provider** about using a sleep aid, doing a sleep study or other ways to help get the proper amount of sleep.

Contact Info

Winnebago County Wellness Committee:
Wellness@winnebagocountywi.gov



Please reach out to us if you have a suggestion on topics you would like more information on, you would like to be a part of the committee, or you have questions or concerns. We would love to hear from you!



Try to spend at least 30 minutes in the sun every day to improve sleep habits. It's better to get sun as soon as you can after waking up.

**Improving Sleep takes time and effort.
It's hard work, but you can do it!**

**It's not a dream.
Your body really is
preventing disease.**

Sleep is good
medicine.

ASMA created



Resources for better sleep:

- sleephealth.org
- cdc.gov/sleep/resources
- sleepeducation.org
- sleepisgoodmedicine.com

Talk with your physician about other ways to improve your sleep. It's important!