

# Blue Cross® VIRTUAL WELL-BEING

## Rest Up

You probably know that getting enough rest is important for optimal health and well-being. It's as important as exercise and eating a balanced diet when it comes to your overall health. But did you know that rest can also boost your productivity, thinking and creativity? According to the University of California, Berkley, here are some ways to use rest to benefit your thinking and creativity:



- Start an early morning routine
- Walk
- Nap
- Stop at the right time
- Sleep

According to the latest research on productivity and sleep from the Sleep Foundation, the amount and consistency of a person's sleep is important, and many Americans don't get enough of it. When people don't get enough sleep, they feel less creative and focused, and have difficulty making decisions and solving problems.

When you get better sleep, you increase your productivity and enjoy these benefits:

- Faster reaction times
- Better judgment and decision-making skills
- Improved memory
- Smoother creativity flow
- Easier problem solving
- Fewer errors and more accuracy
- Lowered risk of burnout

What can you do to get good sleep? If you have difficulty sleeping, or want to improve your sleep quality, try following these tips from the American Academy of Sleep Medicine:

- Keep a consistent sleep schedule. Get up at the same time every day, even on weekends or during vacations.
- Set a bedtime that's early enough for you to get seven hours of sleep.
- Establish a relaxing bedtime routine.
- Make your bedroom quiet and relaxing. Keep your room at a comfortable temperature.
- Limit exposure to bright light in the evenings.
- Turn off electronic devices at least 30 minutes before bedtime.
- Don't eat a large meal before bedtime.
- Exercise regularly and maintain a healthy diet.
- Avoid consuming caffeine in the late afternoon or evening.
- Avoid consuming alcohol before bedtime.
- Reduce your fluid intake before bedtime.

Sources: [tuck.com](https://www.tuck.com)\*, [sleepfoundation.org](https://www.sleepfoundation.org)\*, [aasm.org](https://www.aasm.org)\*

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