

Weekly Wisdom

Grow the Green for You and Your Team



“Let’s begin by taking a smallish nap or two.”

-- A. A. Milne (Winnie the Pooh)

Want a Good Day? Get a Good Night’s Sleep.

You may be inclined to place this in the “Duh” file, but darn it, the US Surgeon General told us that SLEEP is an important way to care for ourselves. And if Vivek Murthy says it, we’re going to wholeheartedly jump on the sleep bandwagon.

Sleep is hard, and it’s gotten harder – as we age, as electronics have become pervasive, and as we’ve slipped into very stressful times.

That said, if you’re going to focus on one act of self-care, focus on sleep.

“Sleep is not an optional lifestyle luxury...It is your life-support system,” according to sleep expert Matt Walker. Adequate sleep supports better mood, physical health, and energy. Lack of sleep affects longevity and everything from reproductive health to memory.

Walker recommends two practices to improve your sleep: a regular sleep schedule, even on weekends, and keep your room cool (around 65-degrees). Your body needs to drop its core temperature to fall and stay asleep.