

Small Changes for Health 2006

Week 18



Getting enough sleep is just as important to your health as a proper diet and exercise. A study recently published in the journal Hypertension found that those people who slept five hours or less per night had a significant increase in their risk for developing high blood pressure. Other studies have shown that lack of sleep is associated with an increase risk of obesity. It is recommended that most adults sleep 7-8 hours each night. So sleep for your health, and try to go to bed a little earlier this week.

Your Small Change: For this week, make sure that you sleep for 7 hours at least 5 nights this week.

If you need more information about this program, this subject or some assistance or suggestions on how to make this change, please visit Health Promotion in room 910 or call us at 314/612-5400, 5419 or 5163. You can also retrieve the supporting Small Changes for Health handouts online by visiting the City of St. Louis Department of Health web page.

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Follow-Up: Week 18

Your Small Change: For this week, make sure that you sleep for 7 hours at least 5 nights this week.

1. How many days did you do this activity? (Circle number of days below)

1 2 3 4 5 6 7

2. How hard was it to accomplish? (Check your answer below)

Very Easy Somewhat Easy Neutral Somewhat Hard Very Hard

3. Is this a change you think you can continue? (Check your answer below)

Yes No

4. Other Comments:

**Please return the bottom half of this form to
Health Promotion in Room 910, at the end of this week.**

