



Invest in Your Wellness with Wellness Works®

Welcome to the UBA Partner Firm exclusive newsletter focusing on your biggest and most personal asset – wellness.

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- Sleep: Can Too Much of a Good Thing Be Bad for Your Health?
- App Review | *Sleep & Meditation: Wysa*

Sleep: Can Too Much of a Good Thing Be Bad for Your Health?

Sleeping in on the weekends can feel like a luxury. However, did you know that regularly sleeping more than nine hours a night may increase your risk for health conditions such as diabetes, stroke, and heart disease?

The National Sleep Foundation reports that seven to nine hours of sleep is a [healthy target](#) for adults and that consistently oversleeping may be cause for concern and reason to check in with your primary care physician.

Establish a sleep-care routine to improve your rest time and avoid [oversleeping](#).

1. Go to bed earlier.
There is a correlation between those who go to bed late and those who sleep too much. Therefore, avoid eating or scheduling stimulating activities late at night to help you be in the right frame of mind for rest.
2. Invite light into your bedroom in the morning.
Your circadian rhythm responds to light and tells your body it is time to wake up. You can sleep with your curtains open or purchase a light-emitting alarm clock that brightens fifteen to thirty minutes before your alarm goes off.

3. Limit lengthy naps.

Long afternoon naps, especially those starting after 4 p.m., can wreak havoc on your night and are often accompanied by lethargy and cloudy cognitive functioning. If you need a rest, try a shorter 20-30 minute “catnap.”

4. Check in on your mental health.

Have you noticed any changes in your emotional state? Sleep can be an avoidance technique for those struggling with mental health issues such as depression.

Going to bed earlier, welcoming morning light, limiting nap time and checking in on your mental health all contribute to establishing a sleep-care routine and help your body perform vital functions as you sleep.

App Review: Sleep & Meditation: Wysa

Wysa uses the power of storytelling and meditation to quiet your mind. The app uses “sleep stories” and other restful techniques to ease you into a deep sleep.

Google Play Store Average Rating

4.6 (3,180 reviews)

Pros

The scheduled nightly story is reviewed positively. Users rave that the app helps them sleep soundly. The basic version offers a lot of options. Users enjoy the breathing meditation option.

Cons

Limited number of sleep stories. Complaints about the cost of the premium app and how the app drains your battery by remaining online all night.

Is this app right for you?

If you have racing thoughts or a hard time turning “off” at night. You have tried a myriad of unsuccessful sleep solutions to help you fall asleep and stay asleep.