

Follow your body's sleep rhythms for better rest

The early bird gets the worm. Joy comes with the morning. Early to bed, early to rise, makes a person healthy, wealthy and wise. Praise about getting up early is easy to come by. But many people who stay up late say they are more productive at night. Knowing if you are a night owl or a morning lark can help you live a more balanced life and increase well-being.



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Quick facts on healthy rest

1 Your genes mostly determine if you are a night owl or morning lark. Your sleep patterns are guided by an internal clock that tells you when to be alert and when to be sleepy. Your genes influence this clock.



2 Children often start off life as morning larks. Their sleep rhythms tend to become more owl-like when they are teens and then turn back to early patterns as adults. But some people stay lifelong night owls.

3 Going against your biological sleep clock can be bad for your health. People who don't get enough sleep on a regular basis are at higher risk for health problems.

4 Some people try to make up for lost sleep on weekends. But that can confuse both your body and brain. Instead, try waking up and going to bed at the same time every day of the week.

5 One tip for healthy sleep is to avoid looking at your cellphone or computer at sleep time. Both emit blue light that can keep you awake.



For more tips on healthy sleep, visit www.cdc.gov/sleep