

# Health and Wellness

## Understands the importance of sleep in relation to daily functioning

### **Recommended 7-9 hours of sleep a night for an adult**

Sleep plays a vital role in good health and wellbeing throughout your life. Getting enough quality sleep at the right times can help protect your mental health, physical health, quality of life, and safety.

Ongoing sleep deficiency can raise your risk for some chronic health problems. It also can affect how well you think, react, work, learn, and get along with others.

Sleep promotes:

- Brain function so that you can remember and process things as best as you can
- Physical health by restoring you for the next day
- Emotional well-being
- Healing and repair of your heart and blood vessels
- A good balance of all the chemicals and hormones in your body
- Your ability to fight off sickness **Important to not use electronics right before bed:**

Studies have shown that the light from a phone or computer can make it difficult for you to fall and stay asleep. Make sure that you take some time to unplug and relax before bed to get the best night's sleep

### **How to get the best sleep:**

- Don't do anything in your bed besides sleep (eat, do work)
- Create a calm environment free from stress and clutter
- Follow a routine each night so your body knows it's time for sleep (washing face, shower, putting on pajamas, reading, etc.)
- Don't eat a big meal right before bed
- If you need to, listen to some calming music

Information retrieved from: <http://www.nhlbi.nih.gov/health/health-topics/topics/sdd/why> & <https://sleepfoundation.org/ask-the-expert/electronics-the-bedroom>

## Understands what medical insurance is and why it is important

### **Medical insurance**

Covers part of the cost when a person is ill

Type of **insurance** coverage that pays for **medical** and surgical expenses such as physical therapy, a blood test, emergency care, or a planned surgery

**Health insurance** can reimburse the insured for expenses incurred from illness or injury, or pay the care provider directly.

You may have a **deductible** with your insurance plan. A deductible is an amount of money that you have to pay yourself for healthcare before your insurance company will start paying the rest.

You also may have a **copay** with your insurance plan. A copay is a fixed amount (\$20, for example) that you have to pay every time you go to a doctor's appointment. This information can be found on your insurance card.

If you are a citizen of the United States, you **must have health insurance**

Insurance protects you and gives you better access to care when you need it. If you have a job, you might have to take some of your salary out for health insurance. This will be worth it when you or your family need it the most.