Santa Rosa COMMUNITY HEALTH

Sleep is Important!

E bibi na moce!

What does sleep matter?
Na cava e bibi kina na moce?

- Poor sleep increases your risk of high blood pressure.
  Na moce ca e okati kina na levu ni nomu vakatara ni katokatoni ni dra.
- Untreated high blood pressure can lead to stroke and heart disease.
  Na katokatoni ni dra levu me kua ni vakarawarawataka e rawa ni vakavuna na mate ni utakacici kei na mate ni yago.

Tips for Better Sleep
Ivakavou ni Moce Vinaka

- Exercise regularly
  Vakayagataka na yagomu
- Avoid heavy meals 2-3 hours before bed
  Kua ni kana kakana levu e rua ki na tolu na aua ni bera ni moce
- Sleep in a cool and dark room
  Rumu batabata ka butobuto
- Take care of your mental well-bing
  Qarava vinaka na bula vakayalo
- Put your phone away 1 hour before bed, or use night mode to reduce blue light
  Biuta na nomu talavoni dua na aua ni bera ni moce, se vakayagataki na 'night mode' me vakalailaitaka na rarama bulou
- Avoid alcohol
  Kua ni gunu alukawa