



**RESOLUTION OF THE DAVIS COUNTY BOARD OF HEALTH
ADOPTING SLEEP AS A PRIORITY FOR HEALTH AND WELL-BEING**

WHEREAS, sleep is a biological necessity, fundamental for a healthy and fulfilling life; and

WHEREAS, sleep allows the body to repair and restore itself, strengthening the immune system, regulating hormones, and lowering risk of chronic conditions like heart disease, obesity, and diabetes; and

WHEREAS, a well-rested brain performs better, enhancing attention, memory consolidation, concentration, reaction time, problem-solving skills, and creativity; and

WHEREAS, insufficient sleep is linked to increased irritability, stress, and a higher risk of developing anxiety and depression; and

WHEREAS, most healthy adults need 7 to 9 hours of sleep per night; infants and adolescents should get more sleep to support their growth and development; and

WHEREAS, high-quality sleep is also vital, not just a long duration. Quality sleep means falling asleep in 30 minutes or less; waking up no more than once per night and falling back asleep within 20 minutes; and, feeling rested and energized in the morning; and

WHEREAS, data shows at least one-third of Davis County residents don't get adequate sleep, which can be detrimental to their health and well-being; and

THEREFORE BE IT RESOLVED, that the Davis County Board of Health urges the Davis County community to prioritize sleep and take the following evidence-based actions to achieve better health and well-being:

1. **Sleep Hygiene**. Tailor sleep hygiene practices to suit the individual's needs, including:
 - a. Maintain a consistent schedule by going to bed and waking up at the same time every day;
 - b. Create a sleep sanctuary by keeping the bedroom dark, cool, and quiet; using the bed only for sleep; keeping stimulating activities like watching TV, working, or exercise out of the bedroom; and using supportive and comfortable bedding;
 - c. Create a relaxing bedtime routine free of technology at least 30 minutes before bedtime;
 - d. Avoid sleep disruptors including caffeine, alcohol, nicotine, heavy meals, and intense exercise;
 - e. Adopt daytime habits including regular exercise and getting outside to see sunlight for at least 15 minutes in the morning to promote deeper sleep.
2. **Thought Reframing**. Reframe thoughts by learning new, healthier ways to think about sleep using the following steps:
 - a. Learn about sleep in order to have a more accurate view about sleep;
 - b. Write down negative thoughts when they're occurring;
 - c. Write down a more accurate/positive thought for each negative thought;



- d. When you find yourself thinking negative thoughts, replace them by thinking about the more accurate and realistic thoughts from the list;
 - e. Daily practice will result in better sleep.
3. **Sleep Tracking**. Track sleep habits to help ensure you are being intentional about adopting new sleep habits and identifying possible obstacles:
 - a. Bedtime and wake up times;
 - b. Length and quality of the previous night's sleep;
 - c. Time and amount of caffeine, alcohol, or nicotine consumed;
 - d. Time of dinner and any food consumed afterward;
 - e. Time and duration of exercise;
 - f. Time electronic devices and screens are shut off;
 - g. Thoughts and feelings before going to bed.
4. **Doctor Consultation**. While these strategies can significantly improve sleep, they may not be enough for chronic or serious problems. Individuals are encouraged to talk with a healthcare provider or sleep specialist for proper diagnosis and treatment options.

FURTHER, BE IT RESOLVED, with the month of March being National Sleep Awareness Month, the Davis County Board of Health urges the Davis County community to be intentional about sleep, every night, by adopting the evidence-based actions presented here. Quality sleep is the foundation that allows an individual's healthy choices to count, and is a positive step toward a life with enhanced performance, memory, health, and a greater capacity to thrive.

5. **Effective Date**. This resolution shall be effective immediately upon passage and adoption by the Davis County Board of Health.

DAVIS COUNTY BOARD OF HEALTH

By _____
Richard Swanson, Chair

Date _____