

HEALTH MANAGEMENT FACT SHEET

Improving sleep

We all know some of the effects of a lack of sleep - such as feeling grumpy or not working at your best - but did you know that sleep deprivation can also have profound consequences for your physical health?

Regular poor sleep puts you at risk of serious medical conditions - including obesity, coronary heart disease and diabetes – and also shortens your life expectancy.

Most adults need around eight hours of sleep a night to function properly – ideally good quality sleep with few interruptions.

It might seem obvious, but if you wake up tired and spend the day longing for a chance to have a nap, it's likely that you're not getting enough sleep.

Research has shown that not getting enough sleep can have a significant impact on your memory, learning new things, and concentration.



So not getting enough sleep is bad for you, but what are the benefits of a good sleep routine?



A good night's sleep can really boost your health.

Sleep improves your immunity to illnesses such as colds and flus, as well as strengthening your mental wellbeing. Sleep can also ward off heart disease and diabetes, so taking a few simple measures can pay dividends.

Take-away tips

1. Stick to a sleep routine

Set a regular bedtime and alarm in the morning to keep a good routine of waking up and going to sleep at the same time.

2. Get out into natural light

Opening the curtains in the morning and getting natural sunlight can wake you up faster and make you feel more refreshed.

3. Exercise regularly

Exercise brings a number of health benefits, and your sleep will be deeper and more refreshing.

4. Make sure you wind down at the end of the day

Cutting down on screens just before bed and taking some time to read, meditate and unwind at the end of the day will help ease getting to sleep.

5. Avoid alcohol or nicotine before bed

Stimulants will keep you up and awake for longer, and the sleep you do get will not be as restful.



Contact us to find out more.

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¹[Shankar, A., Syamala, S., & Kalidindi, S. \(2010\). Insufficient rest or sleep and its relation to cardiovascular disease, diabetes and obesity in a national, multiethnic sample. PLoS one, 5\(11\), e14189.](#)

²[Ohayon, M. M., & Vecchierini, M. F. \(2005\). Normative sleep data, cognitive function and daily living activities in older adults in the community. Sleep, 28\(8\), 981-989.](#)