Pledge Idea

Sleep

HOW MUCH?

While sleep requirements vary slightly from person to person, most healthy adults need between 7 to 9 hours of sleep per night to function at their best. Children and teens need even more. And despite the notion that our sleep needs decrease with age, most older adults still need at least 7 hours of sleep.

SIGNS AND SYMPTOMS

Sleep deprivation can exhibit many symptoms. The main thing to look out for is excessive daytime sleepiness. Other symptoms can include; yawning, moodiness, irritability, forgetfulness, lack of focus, and clumsiness. Irregular sleep patterns such as late nights and lie ins at weekends can result in jet lag symptoms such as anxiety, low mood, poor appetite, homesickness and of course tiredness.

BENEFITS

Sleep helps to control our metabolism and weight, promotes stable moods, helps prevent cardiovascular diseases, boosts our immune system, increases knowledge retention, and helps us with long and short-term memory functions.

TIPS

Try to create and adhere to a sleeping routine, sticking to the same sleeping and waking times every day (avoid lie ins. Sorry!).

Be sure to wind down properly, to ensure you are as relaxed as possible and in a good position to fall asleep. Avoid exciting films, tv shows or books before sleep. Large meals and intense exercise should also be avoided before sleep.

Avoid alcohol, nicotine and caffeine for hours before you plan to go to sleep, the recommended gap is as much as 6 hours between consumption and sleep.

Try to avoid blue light (e.g smartphones, laptops, televisions) before bedtime as this has been shown to reduce our ability to sleep.

Create an environment that supports sleep, this may include preventing light disruption, comfortable temperatures, a comfortable bed. Ideally work areas should be away from where you sleep, so the space is only associated with sleep.

Ensure your mobile phone will not disturb you. You can turn it off, turn off app alerts or put it on silence if it needs to stay on.

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