



MARCH

17<sup>th</sup>

2023

## The benefits of getting a good night's sleep

Sleep is an essential part of life that many people take for granted. Research indicates how vital sleep is to a healthy lifestyle - from improved immune function and increased concentration to improved memory recall and resiliency against stress. That's why World Sleep Day is so important – it's one way of helping us all get on track with our bedtime routine. On March 17<sup>th</sup> 2023, celebrate World Sleep Day by learning more about the effects of sleep, how to build better sleeping habits, and sharing tips with family, friends and colleagues.

### What are the benefits of getting a good night's sleep?

Most people know that sleep is essential, but many need to realise the hidden benefits of getting a good night's sleep. Sleep allows our bodies to rest and restore in preparation for the following day's challenges. It helps us stay alert and focused throughout the day, boosts our moods and helps us make better decisions. Regularly getting enough quality sleep has a direct effect on how we feel physically and mentally.

For starters, sleep helps to regulate hormones that support physical and mental performance. It also boosts our immune system, reducing the risk of illness or infection. Getting proper sleep can improve memory recall and cognitive function – helping us retain information better, think more clearly and confidently make decisions. Sleep positively impacts our moods by reducing stress levels and promoting relaxation. Finally, sleep is essential for maintaining a healthy weight since it helps regulate hunger hormones like ghrelin and leptin.

Sleeping for the recommended seven to nine hours per night can improve overall well-being. It reduces aches, pains and illnesses by allowing the body's immune system time to recover from stressors it may have been exposed to during the day. Not getting enough sleep also affects your mental health. Without proper restorative sleep, you may experience anxiety or depression due to fatigue.

By getting enough sleep every night, we can maximise our mind and body's potential to perform at their best - both physically and mentally.

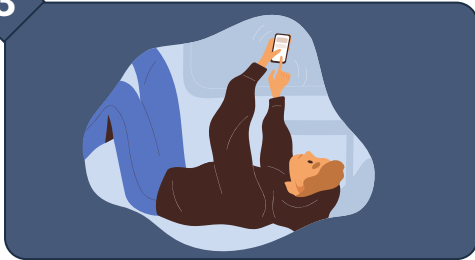
# Tips for getting a great night's sleep

Here are some simple tips for improving sleep quality:

1

Establish a consistent sleep schedule. Aim to go to bed and wake up at the same time each day, even on weekends and holidays. This helps regulate your body's internal clock and makes it easier to fall asleep each night.

3



Avoid using screens (TV, laptops, phones) the hour before bedtime as they emit blue light suppressing melatonin – an important hormone that prepares the body for sleep.

5



Exercise regularly during the day – this can help your body wind down at night and improve your overall sleep quality.

7



Use blackout curtains, keep temperatures cool and make sure there are no distractions like loud noises or bright lights from electronic devices that could disrupt your sleep schedule.

2



Create a relaxing bedtime routine that helps signal your body that it's time to wind down and get ready for sleep. Reading a book, taking a warm bath or shower, journaling, meditating or stretching can all be part of this routine.

4



Reduce caffeine intake after lunchtime as it can interfere with quality sleep.

6



Avoid napping too late in the afternoon or evening, as this can lead to difficulty falling asleep at night.

8



If you wake up during the night and find yourself unable to fall back asleep, get out of bed and do something that relaxes you until you feel sleepy enough to return.

## How can we create a bedtime routine that supports better sleep habits?

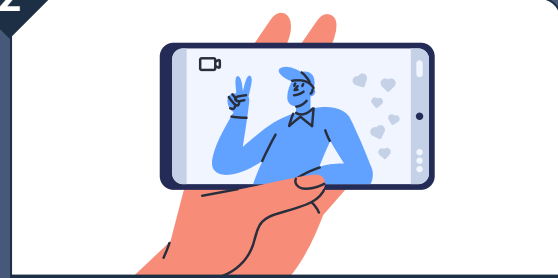
Creating a bedtime routine is an essential part of developing better sleep habits. Here are some tips for creating a successful bedtime routine:

1



Set aside at least 30 minutes before your desired sleep time to start winding down the process and prepare for sleep.

2



Avoid using screens during this period, as the blue light emitted can interfere with quality sleep.

3



Instead, try activities that help relax your body and mind, such as reading a book, taking a bath or shower, journaling, meditating or stretching.

4



Once in bed, practice mindful breathing or progressive muscle relaxation exercises for a few moments. This will help you focus on the present moment and free your mind of worries.

5



Most importantly, stick with this routine every night so your body can become accustomed to it and recognise it as the signal for sleep.



While there are many tips one can follow to get a good night's sleep, the most important part is consistency. Establishing a sleep schedule and following a bedtime routine will help your body better prepare for sleep each night. Our experts are here to help. Contact your HealthHero or Validium service for support.