



Sleep - The golden chain that ties health and our bodies together.



World Sleep Day is an annual event organized by the World Sleep Society, which aims to raise awareness about the importance of sleep and its impact on health. The theme of World Sleep Day changes each year and the event features various activities, such as educational programs, conferences and public awareness campaigns, aimed at promoting the importance of sleep and addressing sleep-related issues. The theme for this World Sleep Day is **Sleep Equity for Global Health**. Sleep is essential to health, but measurable differences in sleep health persist across populations across the world, creating additional burdens and reinforcing health inequities. The goal of World Sleep Day is to reduce the burden of sleep disorders and improve public health by promoting healthy sleep habits and raising awareness about the importance of sleep.

Improving sleep quality is essential for overall well-being. Here are some practical tips to help you get better rest:

1. Stick to a Sleep Schedule:

- o Set aside no more than eight hours for sleep.
- o Aim for at least seven hours of sleep each night.
- o Go to bed and wake up at the same time every day, even on weekends.

2. Mind Your Diet:

- o Avoid going to bed either hungry or overly full.
- o Steer clear of heavy or large meals within a couple of hours before bedtime.
- o Be cautious with nicotine, caffeine and alcohol. Their stimulating effects can interfere with sleep.

3. Create a Restful Environment:

- o Keep your bedroom cool, dark, and quiet.
- o Limit exposure to light in the evenings, as it can affect your ability to fall asleep.
- o Consider using room-darkening shades, earplugs or a fan to create an environment that suits your needs.



- o Engage in calming activities before bedtime, such as taking a bath or practicing relaxation techniques.
- ### 4. Limit Daytime Naps:
- o Long daytime naps can disrupt night-time sleep.
 - o Limit naps to no more than one hour and avoid late-afternoon napping.
 - o If you work nights, consider a short nap before work to help compensate for sleep debt.
- ### 5. Include Physical Activity:
- o Regular physical activity promotes better sleep.
 - o Avoid vigorous exercise too close to bedtime.
 - o Spending time outdoors during the day can also be beneficial.
- ### 6. Manage Worries and Stress:
- o Resolve worries or concerns before bedtime.
 - o Write down what's on your mind and set it aside for the next day.
 - o Stress management techniques, such as organization, prioritization and meditation can ease anxiety.

Remember, everyone experiences occasional sleepless nights. However, if you consistently struggle with sleep, consider reaching out to us for an appointment with Neotia Mediplus consultants for further guidance.

Sweet dreams!