

SLEEP – NOT TO BE TAKEN LYING DOWN

How many times do you wake up tired after 7 or 8 hours in bed? Why is that?

Did you know that the quality of your sleep has just as much to do with good health than anything else you are doing?

Sleep is vital for the rejuvenation, regeneration and healing. Many psychological issues have been linked to lack of quality sleep. Many disorders including cancer, diabetes and obesity are influenced by the quality and quantity of sleep.

Okay so what do you need to do to ensure that you maximize this most enjoyable pastime? Here are four areas that you should focus on:

1. **Eliminate stress by bedtime.** If you go to bed worrying, anxious or upset about things, then guess what? You got it – you will have trouble sleeping. It is important to deal with any issues that will cause this stress before you 'hit the hay'.
2. **Eating a small, easily digestible evening meal.** If you eat a large meal in the evening, your body will spend all night digesting and processing this food and consequently it will negatively affect the quality of your sleep. Keep it light and healthy – this will only be possible if you have eaten regularly enough during the day.
3. **Posture is key.** It is crucial for optimal sleep and health that your mattress enables you to maintain the correct orthopedic position as you sleep. Can you imagine the damage that will be done if you lie in a compromised position for 8 hours a night every night for your entire life?
4. **Hygiene – What you can't see is trouble.** Did you know that you sleep with a lot more than just your partner or teddy bear! Dust mites, maggots, sweat and a whole range of other nasties infest your bedroom, mattress, pillows and doonas. These villians can cause a whole range respiratory condition that will affect your sleep. Make sure you have pillows and doonas that can be washed at high temperatures and get an air purifier for your bedroom to take these nasties out of the air.

The benefits of great sleep will be obvious in the form of more energy, better moods, greater optimism and a more productive and fulfilling life so.... SLEEP WELL!

