

LWAW – Maintaining a Healthy You

Sleep Well



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How Many of us Actually Sleep Well?

What happens when we sleep?

Once we actually get to sleep then our bodies go through 4 stages of sleep + REM:

- **Stage 1** -- being very light sleep
- **Stage 2** -- still light sleep but your heart rate and breathing pattern starts to slow down
- **Stage 3** – Deep sleep begins, heart rate and blood pressure continue to fall, at this stage you are not easily awakened
- **Stage 4** – Very deep sleep – rhythmic breathing and limited muscle activity
- **Stage 5** - (REM) Rapid Eye Movement – This is when you may dream

So now you know; when you get up feeling as if you have not been to bed, its because you have spent most of the night between stages 1 and 3.

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Sleep Quiz



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What helps with a good night's sleep? Check how much you know!

1. Should your bedroom be:

- A. Cold
- B. Dark
- C. Hot
- D. Light

2. What should you do just before bedtime?

- A. Work on your laptop to make you feel drowsy
- B. Have a good substantial supper
- C. Strenuous exercise just before bedtime
- D. Listen to some soothing music

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3. What helps you get to sleep?

Choose as many of the answers as you think apply

- A. A gentle walk in the fresh air
- B. Reading a horror story
- C. Light reading
- D. Having your mobile phone next to you
- E. Gentle exercise
- F. A nice strong cup of coffee
- G. A cup of camomile tea or decaffeinated coffee
- H. A cold shower
- I. A hot bath
- J. Smoke your last cigarette before getting into bed

4. What can I do now to help me understand and improve my sleep pattern?

Choose as many of the answers as you think apply

- A. Use a sleep diary
- B. Go to bed as late as possible then you are sure to be tired enough to go to sleep
- C. Go to bed around the same time every night and get up the same time every morning
- D. Take a nap everyday

Check how much you knew below:

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ANSWERS

1. The answer was **B** – dark

(your bedroom should always be at the right temperature for you, not too hot or cold and also a light bedroom may keep you awake)

2. The answer was **D** - Listen to some soothing music --it relaxes your mind and consequently your body

(Working on your laptop would heighten your brains activity making it less likely that you would be able to fall asleep.

A heavy meal would make your digestive system work hard keeping you awake but also could give you indigestion

Again, strenuous exercise in the day or the morning is good for you but not at bedtime, it doesn't help to relax your brain function or your muscles.)

3. The correct answers were:

A. A gentle walk in the fresh air

C. Light reading

E. gentle exercise

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G. A cup of camomile tea or decaffeinated coffee

I. a hot bath

All the below can have the opposite effects of trying to get to sleep, and keep you awake:

- *Reading a horror story would heighten brain activity*
- *Advice is to not have mobile phones in the bedroom because of the blue light*
- *Strong coffee containing caffeine is a stimulant*
- *A cold shower*
- *Smoking apart from the usual health warnings, is again a stimulant*

4. The correct answers are:

A – use a sleep diary (this helps to get the facts straight about your sleep, hrs patterns, what worked what didn't)

C. Go to bed around the same time every night and get up the same time every morning (your brain will get used to the routine and eventually know when its time to sleep!)

Going to bed as late as possible then you are sure to be tired enough to go to sleep, it would seem sensible enough, but unfortunately it's a myth, going to bed late and tired does not necessarily mean a good nights sleep, it could mean a restless night.

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Taking a nap everyday, may be a good idea if you are tired, but it could stop you from going to sleep and hinder your routine, if you have to take a nap, make sure its only for a very short spell, under an hour.