



Sleep - Your Secret to Good Health

Part 1

A good night's sleep is incredibly important for an optimal health. Sleep is perhaps one of the biggest health concern with growing numbers of people suffering from sleep deprivation, sleep impairment or insomnia. Insomnia affects an estimated 9% of all Indians, with occasional insomnia affecting more than 30% of the population. High-quality sleep is as important to health and well-being as nutrition and exercise.

Balanced Sleep

- Good rest is essential for the wellbeing of any person which is attained through sleep. The body utilises sleep to repair the tissues that has undergone wear and tear while being awake.
- If there is less sleep, the damage will gradually cause weakness of the tissues and make your body more susceptible to injury. If there is excess sleep it increases lethargy and reduces the interest to do things briskly.

Causes of deprived Sleep

Knowing the fundamental cause for reduced sleep helps in planning a good lifestyle which will help to improve the sleep.

The primary causes include

- Erratic schedules and high stress levels owing to work
- Poor sleep habits that could include the use of digital devices like smartphones and laptops until shortly before bed time
- Having late night meals

Recommended Sleep Time

Following Dinacharya or daily sleep routine is a way to bring more awareness throughout the day. Conscious awareness with good energy levels in our daily lives enables us to maintain a better health. National Sleep Foundation recommends following sleep times

Age	Recommended	May be Appropriate
Teenagers, 14-17 years	8 to 10 hours	7 to 8 hours
Young Adults, 18-25 years	7 to 9 hours	6 to 7 hours
Adults, 26-64 years	7 to 9 hours	5 to 7 hours
Older Adults, ≥ 65 years	7 to 8 hours	-

Research cannot pinpoint an **exact** amount of sleep needed by people at different ages, but it's important to pay attention to your own individual needs by assessing how you feel on different amounts of sleep.



Best Position to Sleep

Sleeping on your back allows your head, neck, and spine to rest in a neutral position. There will be no extra pressure on those areas and it helps in warding off acid reflux. Use a pillow that elevates and supports your head enough to prevent food or acid from coming up your digestive tract. Sleeping on your side will be beneficial for those who have sleep apnoea. Sleeping on your stomach will increase the pressure in the back and neck but can be beneficial for those with snoring supported by a small pillow under the forehead.

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