Why do we sleep?
Sleep is used for physical and mental regeneration. If our sleep is disturbed, we are not rested, which affects our everyday lives.

How many hours of sleep do we need?
It is different for each individual and changes in the course of life. General recommendations are 7–9 hours for adults aged 18-64 years.

How do I know if I have sleeping problems?
- It’s hard to fall asleep within 30 min of getting into bed.
- Waking up too early in the morning.
- Waking up in the middle of the night and not being able to fall asleep again.
- Restless sleeping.
- Fatigue during the day, even if you had 7 or more hours of sleep.
- Difficulty concentrating at work.

Timeline for peaceful and restful sleep

6h 5h 4h 3h 2h 1h Bed
Stop drinking coffee Stop drinking alcohol Finish dinner Stop working and turn off digital devices Good night!