



# BETTER SLEEP







## 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 so 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.



• *Develop a Sleep Routine: Regular time to wake up and go to bed.*

• *Night-Time Rituals: Brushing teeth, putting on pyjamas, reading for 5 min then sleeping.*

• *Maintain Bedroom Temperature: Between 14°C - 18°C*

• *Bedroom: Only use the bed to sleep. Do not eat, watch TV, or work in bed.*

• *Dinner: No heavy meals before bedtime.*

• *Drinks: Avoid alcohol and caffeine (coffee) in the evening.*

• *Physical Activity: 30 min of daily physical activity at a moderate intensity.*

• *Clarify Problems: Talk about worries and grief during the day.*

## Timeline for peaceful and restful sleep

