

Are you Sleeping?

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While the COVID-19 pandemic has challenged many of our lives, one thing we can do to help stay healthy is to have a good night sleep.

Sleep is the one activity we spend most of our life doing, compared to working, eating, and school. Throughout our lives, we spend on average 26 years in sound sleep and another 7 years trying to get to sleep – A total of 33 years in bed!

An adult needs 7-8 hours of sleep every night ¹. Good sleep – adequate hours, good quality and regularity – can help with mental and physical health and well-being by boosting immunity ^{2,3}, regulating body weights ^{4,5}, and helping maintain healthy blood pressure ⁶ which can lower the risks of heart attack, heart failure, and stroke. Sadly, a third of adults do not get a minimum seven hours of sleep daily due to varying reasons, including insomnia and obstructive sleep apnea.

Here are some general tips one can practice for a good night sleep

- Have a regular sleep schedule and try to stick to the timing and routine every day.
- Minimize screen time before bedtime.
- Get physical exercise during daytime (but not near bedtime).
- Avoid caffeinated drinks and calorie-rich meals later in the day, especially near bedtime
- Maintain a good gut health because gut microbiome diversity is associated with sleep physiology ⁷.

References

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