



Do you sleep well?

Sleep is essential for maintaining overall health, performance and safety in our daily routines.

Lack of sleep or bad quality of sleep, can lead to chronic fatigue, bad mental health, reduced productivity, lack of concentration and accidents. Lack of sleep impairs the ability to function properly, causes behavior problems and decreases the ability to stay alert, detect and correct errors.

Lack of sleep and health status

Chronic lack of sleep affects your overall health and may make you prone to serious medical conditions, such as obesity, heart disease, high blood pressure, diabetes, injuries and poor mental health.

An occasional night without sleep may affect your daily routine and make you more tired and irritable, but it's not dangerous for your health.

How many hours do you sleep?

- The hours of sleep needed varies by age group.
- 8 hours of good quality sleep is recommended.
- If you wake up tired and spend the day waiting for the bedtime, you may have a sleeping disorder.

How to get enough sleep?

- Set a regular bedtime schedule
- Adopt a daily bedtime routine. Drink a cup of warm milk or chamomile tea, meditate, listen to relaxing music, read a book, take a warm bath.
- Avoid caffeine use at least 4 hours before bedtime. Tea, coffee, cocoa, energy drinks are stimulants and can keep you awake.
- Avoid large heavy meals before bedtime.
- Avoid exercise at least 2 hours before sleep.
- Avoid screen time before bedtime.
- Make your bedroom a relaxing environment.
- Keep your bedroom mainly for sleep.
- Your bedroom should be dark, quiet with a temperature between 18C to 24C
- Keep a sleep diary.

