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DO YOU SLEEP ENOUGH?

Getting enough sleep is important for people of all ages to stay in good health.

Outline:

1. **How much sleep do you need?**
2. **Risks from sleep deprivation**
3. Important habits that can improve your sleep health
4. Sleep quality

People often sleep less because of work, family, or even to watch a good show on television. But if you don't sleep enough, you may be at an increased risk for obesity, diabetes, high blood pressure, coronary heart disease and stroke, poor mental health, and even early death. Even one night of short sleep can affect you the next day. You may feel sleepy, be in a bad mood, be less productive at work, and be involved in a motor vehicle crash [2].

How much sleep you need changes as you age. The American Academy of Sleep Medicine and the Sleep Research Society recommend:

Age Group	Recommended Hours of Sleep Per Day
Infant - 4-12 months	12-16 hours per 24 hours (including naps)
Toddler - 1-2 years	11-14 hours per 24 hours (including naps)
Pre-school - 3-5 years	10-13 hours per 24 hours (including naps)
School Age - 6-12 years	9-12 hours per 24 hours
Teen - 13-18 years	8-10 hours per 24 hours
Adult - 18-60 years	7 or more hours per night

The amount of sleep you need changes as you age. Children need more sleep than adults [2].

Risks from sleep deprivation

Sleepiness causes accidents: Sleep Problems are associated with human error and accidents. Nearly 10 -15% of the accidents in the world happens due to sleepiness. Lack of sleep doubles the risk of fatal accidents at work and on roads [4].

Sleep disorders harms your thinking and learning: Lack of sleep affects your cognitive processes: you are less attentive, concentrated, reasonable and able to solve problems. Also, it makes the process of memorizing and recollecting more difficult [4].

Continuous sleep loss leads to serious health problems, such as heart diseases, heart attack, heart failure, irregular heartbeat, high blood pressure, diabetes, and stroke[3, 4].

There are some important habits that can improve your sleep health:

- Be consistent. Go to bed at the same time each night and get up at the same time each morning, including the weekends;

- Do not take any caffeine drink later than early evening;
- Avoid tobacco/nicotine;
- Avoid eating and drinking heavily at least 3 hours before your bedtime;
- Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature;
- Remove electronic devices, such as TVs, computers, and smart phones, from the bedroom;
- Get some exercise but not during 4 hours before bed;
- Limit daytime naps to less than 30 minutes;
- Try and keep all worries out and feel relaxed before sleeping;
- give time to rest and relaxation before sleeping;
- read a book at bedtime [5].

What about sleep quality?

Getting enough sleep is important, but good sleep quality is also essential. Signs of poor sleep quality include feeling sleepy or tired even after getting enough sleep, repeatedly waking up during the night, and having symptoms of sleep disorders (such as snoring or gasping for air). Better sleep habits may improve the quality of your sleep. If you have symptoms of a sleep disorder, such as snoring or being very sleepy during the day after a full night's sleep, make sure to tell your doctor [1, 2].

REFERENCES

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