

sunday

Benefits of Sleep

A complete guide to the health
and wellbeing benefits of sleep





Dr Himanshu Garg

MBBS, MD, FCCP, CBSM(USA)
FSM(AUS), RPSGT Respiratory
& Sleep Physician

As an expert in the sleep field, I can tell you that all the efforts to highlight the dangers of insufficient sleep are the crucial need of the hour. There is enough research to show how lack of sleep doubles the risk of lifestyle diseases and threatens life itself. Any step towards drawing attention to this cause and providing advice on how to achieve good sleep in today's fast-paced world is a positive endeavour. I commend Sunday for having come out with this helpful guide book that should be a must-read for all.



Dr Miten Sheth

Orthopaedic Surgeon,
The Knee Clinic, Mumbai

Discussion on Sleep is very relevant to our times. As Orthopaedic surgeons we see a lot of overuse injuries in athletes and weekend warriors. Inadequate rest is a big risk factor that isn't tackled as frequently as it should be. There is ample evidence to support the notion of adequate sleep before training and game participation. As far as the older generation is concerned, arthritic knees respond best to rest. Heaviness, stiffness and constant discomfort with activity is the hallmark of osteoarthritis of the knees. Such kind of mechanical pain can be relieved by sleep overnight. I commend the authors for discussing such an important issue affecting our day-to-day lives. I am sure that the information imparted through this book will benefit one and all.




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Sharing is Caring

Sleep deficit is a silent killer in India. Someone in your family or friends might benefit from this guide.

Share it with your family & friends on WhatsApp, Facebook etc.



CHAPTER 1

The impact of sleep on the body

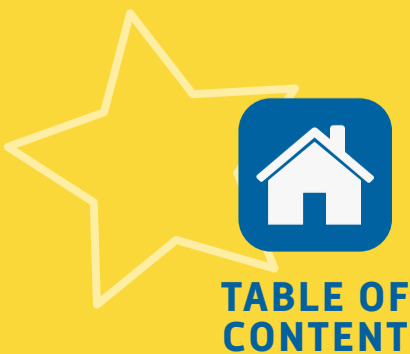


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A lack of sleep the night before is enough to leave us tired, grumpy and fed up for the rest of the day. Getting the right amount of rest is crucial to tackling everything the world has to throw at us. But why? Let's examine in closer detail exactly what it is about sleep that has such an impact on us.

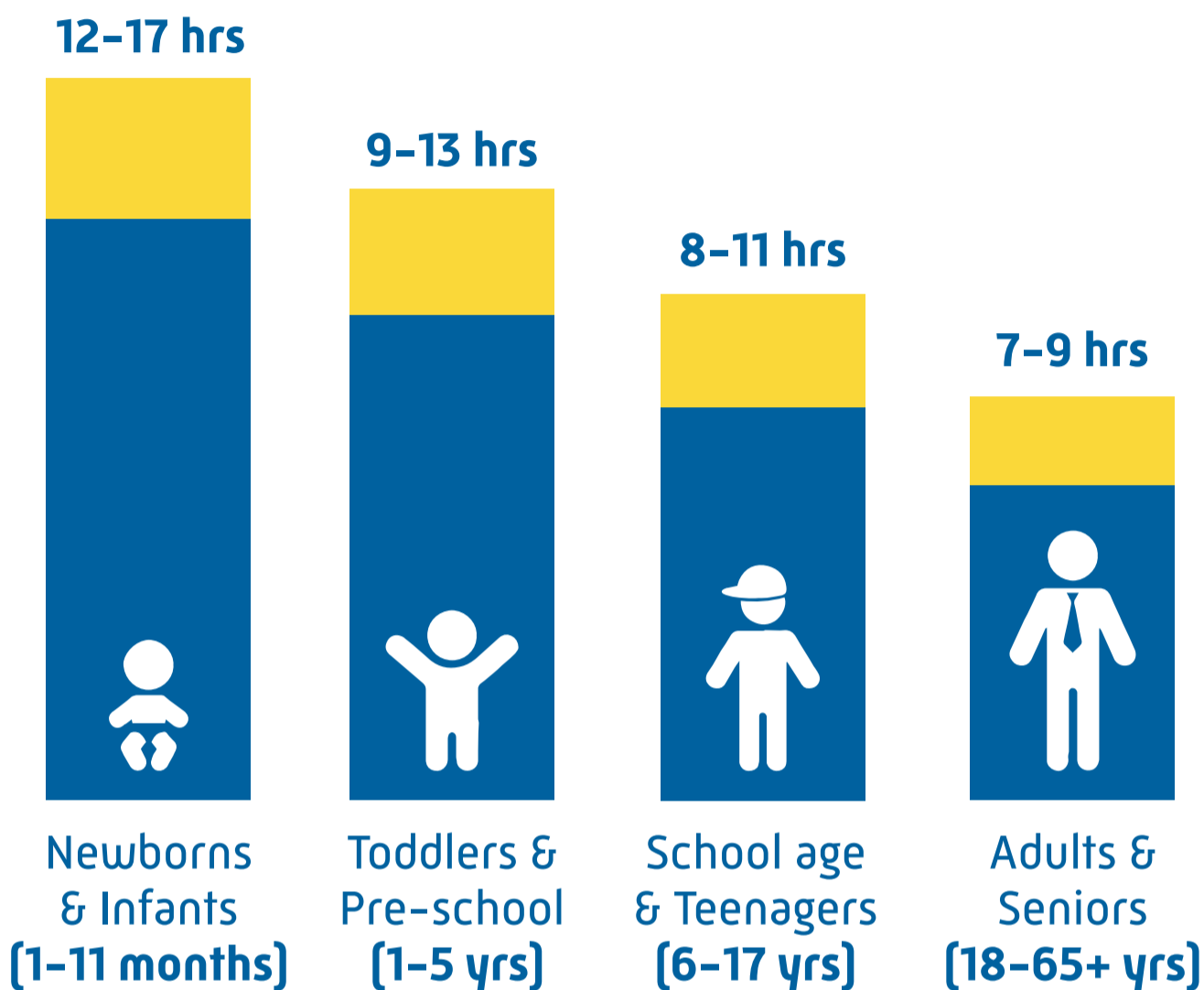


HOW MUCH SLEEP DO WE NEED?

In truth, the debate on the number of hours of sleep we need has raged on for some time - without a concrete answer. This is largely due to different age groups needing various hours throughout every stage of their lives.

As such, throwing a blanket over everyone is an inaccurate way of determining if someone is getting enough rest.

A survey, carried out by the National Sleep Foundation in the US, broke it down as follows:



The survey's results showed a trend towards people needing less sleep as they age. The reasons behind the findings are still up for debate in the scientific community. All that's known for sure is, as a person develops, their need to get some shut eye at the end of every day becomes less critical.

However, **one prevalent theory** suggests babies, infants and toddlers need more sleep than most because they're experiencing rapid mental and physical growth. In later years, these changes are

gradual, and don't require as much time dozing for the body to recover.

WHY DO WE NEED TO SLEEP?

The short answer to this question is that the body needs time to recover at the end of every day. But why? Let's take a look at some of the key reasons you need to get your recommended dosage.

CONCENTRATION

The right amount of sleep can enhance a person's problem-solving skills, as well as memory retention. The brain needs to feel as fresh as possible to be able to work at maximum capacity. Think of it like charging a mobile.

ENERGY

Again, energy will be heightened if the body has been given a chance to recharge. Cricketers will need rest to rejuvenate their energy supplies. **Resting between games will also release cortisol, which helps them recover quickly between games.**

■ **FAT BURNING**

Despite being often overlooked, sleep has the ability to serve as a surprisingly good workout routine. Not only does sleeping more prevent you from late night snacking, but also by its very nature burns calories.

■ **HEART HEALTH**

Much as with the brain, your heart experiences a lot of strain throughout the day. A lack of sleep has been closely linked to heart diseases. As such, the more you get, the stronger your heart will naturally be.

■ **IMMUNE SYSTEM**

Your immune system can be weakened by a lack of sleep. It all ties in to the body needing to be as refreshed as possible to guarantee it's working at full capacity. A weakened immune system is a natural by-product of a body functioning at subpar levels.

■ **EMOTIONS**

Not getting enough sleep has the potential to hinder our social abilities. It becomes harder to recognise communication cues when tired, and affects how we react to the behaviour of others.



In short, not getting enough sleep puts us at an instant disadvantage in almost every aspect of daily life. From both a health and social perspective, sleep deprivation negatively impacts how we experience the world.



WHAT HAPPENS TO THE BODY WITH LACK OF SLEEP?

We've seen why the body needs sleep, but what will actually happen if we don't get enough? Some of the potential dangers associated with getting less sleep than you're recommended include:

■ A LOWERED SEX DRIVE

Your sex life might suffer if you're not getting enough sleep. The **NHS recently published information** highlighting how a lack of sleep affected both males and female libidos. This could have a detrimental impact on your relationship.

■ LOSS OF MEMORY

Cognitive processes are heavily affected by a lack of sleep. The part of your brain which controls memory retention and recollection will be impaired if the body isn't getting enough rest.

■ LOWERED CONCENTRATION LEVELS

Your ability to focus will be drastically impacted

if you've missed too much sleep. Staying on task becomes an issue at work, and it could even lead to more hazardous outcomes if a person is operating machinery or driving a car.

■ **DAMAGED ORGANS**

The heart and brain are both susceptible to damage if you deprive them of sleep – or, more to the point, make them work overtime. These parts of the body are those which suffer most from sleep deprivation.

■ **WEIGHT GAIN**

Sleep plays an important role in burning calories. As such, not getting enough can cause someone to pack on the pounds. It's also been claimed that sleep-deprived people have lower levels of leptin. This chemical is what controls our ability to feel full. As such, you're prone to eating more as a direct result of a lack of sleep. As well as these more specific side effects, you'll also experience exhaustion throughout the day. Constantly feeling like you need to sleep is no way to get through the day productively. In some extreme circumstances, it may even result in death. Such was the **case with SAP CEO Ranjan Das.**



DANGERS ASSOCIATED WITH LACK OF SLEEP

The short answer to this question is that the body needs time to recover at the end of every day. But why? Let's take a look at some of the key reasons you need to get your recommended dosage.

■ DRIVING

Getting behind the wheel when lacking sleep is incredibly risky. With both judgement and response times impaired, driving can be very dangerous.

Brake, one of the leading charities in road safety, **highlight some of the damning statistics**, including the reality that one in six fatal crashes on the road is caused by fatigue.

■ OPERATING MACHINES

Again, heavy machinery should be avoided at all costs when sleep deprived. This can have deadly consequences if there's even the slightest lapse in concentration.

■ MENTAL ILLNESSES

Studies have suggested mental illnesses can be caused, or heightened, as a direct result of not getting enough sleep. This occurs as a result of neurotransmitters in the brain being damaged, causing the brain to experience the same symptoms associated with depression and anxiety.

■ RAISED BLOOD PRESSURE

Owing to the aforementioned close association of the heart and sleep, it should come as no shock blood pressure is affected when a person misses out on sleep. Increased pressure is the natural side effect of additional strain being put on the cardiovascular system.

■ HALLUCINATIONS

Your mind is a powerful tool – mistreat it, and the impact could be detrimental. The brain has the capability to project images which aren't there, which can lead to unpleasant situations. In extreme circumstances, this can even lead to psychosis or paranoid schizophrenia.



If you don't get enough sleep you're putting yourself in a position which could have potentially fatal results. While these examples are extreme, they're not totally uncommon.



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Developing a bad sleeping pattern



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- Tips to help you fall asleep easily
- How to stay asleep

Half the battle to getting enough sleep is constructing a nightly schedule to go to bed at an ideal time. While most people will fall into a natural routine thanks to the hustle and bustle of their day-to-day lives, it can sometimes be hard to attain a healthy sleep pattern.

Causes of a poor sleep pattern

There are a number of factors which can directly contribute to a poor sleep pattern. These range from what you're doing directly before bed, to your hours of sleep. Let's explore some of them.

EATING TOO CLOSE TO BED

Snacking, or even eating your dinner right before bed is an almost guaranteed way of disrupting your nocturnal habits. This happens because your stomach acid becomes active and, when you lie down, travels up your gullet to cause irritation. If you want to satisfy your midnight cravings, opt for food like cereal with milk. These contain tryptophan and calcium, **which help encourage sleep.**

■ **CAFFEINE IN THE EVENING**

It probably doesn't come as much of a surprise that having drinks which are high in caffeine before bed will hinder your chances of getting rest. If you make a habit of having caffeinated drinks before trying to sleep, you're bound to keep yourself awake longer.

■ **TECHNOLOGY IN BED**

Having engaging technological devices in bed will keep you up for a couple of reasons. For one thing, what you're watching will probably keep you from drifting off. As well as that, the light which smartphones and laptops emit keeps the human eye active – making it harder to relax, even after it has been switched off.

■ **SLEEPING IN TOO LATE ON WEEKENDS**

In other words, if you get a regular eight hours sleep and wake up at 7am most days, but wake up at 11am on the weekend, there's a good chance you'll fall asleep four hours later than usual. Try to stem this overlap as much as possible by cutting your lie-in short.

■ **ODD HOURS**

On a similar note, a general lack of routine is a key contributing factor to poor sleep patterns. This won't be an issue if you're employed with a regular 9-5

routine, but it often plays havoc for students and shift workers. Having no set time to head to sleep or get up can result in a sleep pattern descending into chaos.

■ QUALITY OF MATTRESS

The material and comfort of your mattress will have a huge impact on how easily you're able to nod off. Interestingly, a **study carried out by the Sunday** team found **as many as 30% of people who slept on a new mattress (one bought within the last three years) found it considerably easier to fall asleep.**

■ CITY OF SLEEP

The same survey found the city you sleep in will also have a major impact on how well you drift off. It showed 37% of people living in Bangalore are asleep by 10pm, while only 10% of citizens in Delhi are in bed by that same time. This trend continues across the world. Ambient noise and working hours have a direct impact on this.

Do you suffer from a lack of sleep because of any of these factors? Fear not if you do. There's always a solution to any problem – and that's certainly the case when it comes to getting your sleep fixed. If you're guilty of any of these, address the issue head on.



Tips to help you fall asleep easily

For some people, the act of actually falling asleep can be just as challenging as arranging a healthy sleeping pattern. To heighten your chances of quickly dozing off, try some of these useful steps:

■ GO TO BED WHEN YOU'RE TIRED

Even if it's as early as 6pm, don't force yourself to stay awake. If you're feeling tired enough to sleep at that time, there's probably a reason. The most likely reason will be because you haven't had enough sleep recently.

■ MAKE YOUR BEDROOM MORE SLEEP-INDUCING

Set up an environment which is perfect for encouraging someone to fall asleep. If you're unsure what that constitutes, it could include the likes of:

- Making a room as dark or dimly lit as possible
- Keeping the room cool (not too hot or cold)
- Reducing the noise and distractions as much as possible
- Limiting your activity in the bedroom to sleeping and relaxing

■ COME UP WITH A PRE-SLEEP ROUTINE

Just as you have a routine which you stick to before cooking and working, **you could easily craft one for before you head to sleep.** Pick something which relaxes you and stick to this on a regular basis before you attempt to hit the hay. Taking a bath is a particularly effective choice, as this rise and fall in body temperature encourages drowsiness.

■ DON'T CHECK THE CLOCK

Waking up and constantly checking the time will not help you fall asleep any easier. It'll probably have the opposite effect – causing you to stress out regarding how quickly time is passing. If you have to, turn your clock to face away, and don't have your phone nearby to check. The light and notifications are an immediate distraction from restful sleep.

■ EXERCISE EARLY

Getting involved in something particularly active right before bed isn't smart, as it'll raise the adrenaline levels in your body. If you're going to exercise, make sure you do it well before the time when you'd go to sleep. This will allow adrenaline to wear off before you attempt to doze.



Even with that in mind, it isn't always easy to actually fall asleep in the first place. Just because you've addressed the immediate issues, it doesn't mean you'll magically be able to nod off the second you lie down and close your eyes.



How to stay asleep

Once you've drifted off, the battle's only half won. Falling asleep and staying asleep are two very different beasts. It's not quite as black and white when it comes to staying in your slumber. Regardless, here are some tips for trying:

■ EAT CERTAIN FOODS

Some foods are **proven to have a relaxing impact on the body**. These include the likes of honey, grain and bananas. With the chemical reaction these trigger, there's a good chance you'll stay relaxed throughout the night.

■ GET A WHITE NOISE MACHINE

White noise machines work by emitting a sound which remains consistent. The aim is to provide a background noise for the mind to adjust to, which theoretically helps an individual fall asleep. If this plays all night there's a good chance the consistency will carry your sleep through to morning. It's the same reason many people find a fan comforting whilst they sleep.

MEDITATE

Another means of achieving greater relaxation, meditation serves to calm the mind, body and soul. It stands to reason it should help encourage a deep night's sleep. In a much more relaxed state, there's a good chance you'll make it through the night without waking.



CHAPTER 3

The impact of sleep on daily life



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- Driving on a lack of sleep
- Difference in energy levels with and without enough sleep

We've already taken a look at how you're at an immediate disadvantage when trying to operate in a sleep-deprived state. Let's see just how much of an impact a lack of sleep can have on your daily performance.

Working when sleep deprived

Unsurprisingly, failing to get enough rest will have a detrimental effect on your performance and productivity levels. This is most commonly an issue at work.

HULT international business school recently carried out extensive research on the impact of sleep deprivation at work. Their findings showed an alarming correlation between not getting enough sleep and the negative effect on productivity and accuracy levels. HULT concluded:

Being awake for
72 HOURS

equates to drinking two glasses of wine on a person's motor neurons (while 24 hours equates to four glasses)



72%
of managers

find it challenging to concentrate on important tasks because of not getting enough sleep



The more
SENIOR

a person's role in a company, the less average sleep they had per night



The National Sleep Foundation also found professionals will spend an average of 4.5 hours a week doing work from home in the evenings. Ironically, this extra work might be contributing to people being more active at night, making it harder to sleep. These missed sleeping hours then make productivity the next day lower, forcing more work to be done at home.

The ability to be creative and tackle problems head-on will also be hindered if you've failed to get enough rest. Thinking on the spot is substantially harder when you haven't had the rest and relaxation you need to recharge your batteries.

DRIVING ON A LACK OF SLEEP

Arguably the most dangerous thing someone can do on a lack of sleep is drive a car. With reaction times impeded and judgments skewed, taking to the roads when tired can have a disastrous impact on the lives of both yourself, your passengers and other road users.

A recent study conducted by Time4Sleep perfectly highlighted just why getting behind the wheel when tired is such a bad idea. They took identical triplets and exposed them to varying levels of sleep – before assessing their abilities on the road the next day.



You're going to notice a significant difference in your motivation, recovery and performance levels when you miss out on sleep. If you have an important day of activities ahead, make sure you always get the right amount of rest the evening before.

They were measured for reaction times, lane departures, and seconds spent outside their own lane on a specialist “fatigue alert” system.

The results spoke for themselves:

■ **TRIplet 1 (KIRAN)**

This triplet received a full, healthy night’s sleep and made no errors when it came to reaction time. He set off no fatigue alerts, departed lanes 30 times and spent just 39 seconds out of his own lane.

■ **TRIplet 2 (ARJUN)**

Having been given a night of disrupted sleep, Steven made a whopping 10 mistakes when it came to missed reactions. He set off four fatigue alerts, departed lanes 58 times and spent 100 seconds outside his own lane.

■ **TRIplet 3 (SHYAM)**

Patrick drove on no sleep at all. He only missed 5 reactions – but set off 12 fatigue alerts, departed lanes 188 times and spent 386 seconds outside the lane he was meant to stay in.

The results show a clear pattern. The less sleep a person gets, the more difficult it becomes to drive safely. It was also interesting to note that even

triplet 2 was impacted by getting a disrupted night's sleep – something common amongst most people.

Physical exercise

There are a number of factors which can directly contribute to a poor sleep pattern. These range from what you're doing directly before bed, to your hours of sleep. Let's explore some of them.

METABOLISM

As we've already seen, the body will boost the levels of leptin when it receives more sleep. The opposite is true when you fail to get enough. At this point, the body releases ghrelin – a chemical which increases your appetite and makes you feel hungrier. In other words, the less sleep you get, the hungrier you'll feel.

MUSCLE AND BONE REPAIR

After a heavy workout session, it's natural for bones and particularly muscles to be damaged. Muscles become larger by being torn, before growing back bigger and stronger than ever. The majority of this regrowth occurs during sleep – with a growth hormone released during this period. The less sleep

you get, the less time the body has to recover. This will also impede future workout sessions.

■ **PSYCHOLOGICAL EFFECT**

It's a vicious cycle when it comes to sleep and exercise. You're bound to feel less motivated if you don't get enough sleep. Naturally, this will have a negative impact on your abilities to push yourself on the workout itself. You may not feel like you want to do any activity at all.

■ **SKILLS**

You'll perform to a much lower standard than you'd normally expect of yourself. Reaction times and concentration levels (key assets for any sportsperson) will suffer on a lack of sleep. This is true from amateur levels to experienced professionals.

You're going to notice a significant difference in your motivation, recovery and performance levels when you miss out on sleep. If you have an important day of activities ahead, make sure you always get the right amount of rest the evening before.



CHAPTER 4

Children & Sleep



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- Importance of sleep for children
- Tips for helping a child fall asleep
- Developing a bedtime schedule

As we previously alluded to, sleep is vitally important in the early stages of a child's development. It's perhaps no more important than at this incredibly early stage of life to get enough rest.

The importance of sleep for children

There are a number of areas where getting enough sleep stands out as crucial for kids. Here are four of the most important reasons to ensure a child gets enough during their developmental stage.

GROWTH

Babies and young children grow at rapid rates. If you've ever wondered why, the answer lies in the amount of sleep children get when compared to adults. As we've already discussed, growth hormone is released while sleeping. As such, it stands to reason children who sleep for longer at this tentative stage will develop quicker.

It could even be the case that kids who don't get enough rest during their formative years end up with a stunted growth as a result. **The Gallo Institute** is one of many who cite a lack of sleep as a primary factor in someone's growth being hampered.

■ ATTENTION SPAN

With concentration levels impacted by sleep deficiency, a child is less likely to give you their full attention. This becomes a particular issue for kids who are at school age. Poor concentration levels in the classroom often translates to worse grades.

The impulsive and distracted behaviour which children often demonstrate while tired closely mirrors the symptoms of ADHD. It's for this reason many children will wrongfully be diagnosed with the condition at such an early age.

■ FIGHTING ILLNESS

Cytokines are produced to fight illness. These proteins have the power to battle diseases, and will be amplified during periods when you have a cold. The less sleep you get, the fewer cytokines your body will produce. Children are better equipped to fight off common illnesses – like a cold – if they stick to a regular sleeping pattern.

■ THE BODY

As we've already seen, the body is heavily impacted by sleep levels. A child's heart and weight will be just as disadvantaged as an adult's if they fail to get the recommended amount of sleep.

They're likely to be even more at risk, as a result of having younger and more tender organs.

Tips for helping a child fall asleep

Getting a child to go to (and stay) in bed is one of the trickiest tasks for parents. There's no right or wrong way to do this, as it depends heavily on the individual personality of the child. That in mind, here are some tips which are, for the most part, accepted as helpful for coaxing a child to sleep.

GIVE KIDS A WARNING

Kids aren't as good at keeping the time as you. Don't just spring bedtime on them at the last minute. Make sure they have a rough idea of how long it is before they need to head to sleep. This will give them a chance to start mentally preparing for their bed.

DON'T SING OR ROCK A CHILD TO SLEEP

This has been passed down as a means of getting a child to fall asleep for years. While it will have the desired effect most of the time, it makes things a nightmare should they wake up again in the middle of the night. Younger children will need to be cradled

back to sleep if this was how they initially fell asleep. When kids get used to falling asleep only under certain circumstances it's known as **sleep-onset association disorder**.

■ **MAKE THEM AS COMFORTABLE AS POSSIBLE**

Just as you would like to feel as relaxed as you can when in bed, so too will a child. Make their sleeping environment as comfortable as possible by providing them with as little or as much as they need. Listen to their complaints, if they have any.

■ **USE A REWARD SYSTEM**

It might even be worth investing in a specially designed reward system to encourage a child to get as much kip as they can. Let's say they head to bed five nights in a row on time. This could be rewarded with a star. Once they have enough stars they get a fun day out or another kind of present.

■ **Tips for helping a child fall asleep**

The key to any good night's sleep for a child is getting into a regular bedtime schedule. This is easily achieved via the creation of a plan. There'll

naturally be some nights when you won't be able to stick to this. For the most part though, this will serve to keep a child on course.

A good example of a sleeping schedule might look like this:



If you roughly follow this pattern on a daily basis, you'll find it will be a lot easier for your little one to fall asleep. Routine is a useful way of encouraging sleep in both the young and old.



CHAPTER 5

Insomnia



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- The difference between insomnia and being unable to sleep
- The impact and side effects of insomnia on your life
- How to combat and battle through insomnia

As we previously alluded to, sleep is vitally important in the early stages of a child's development. It's perhaps no more important than at this incredibly early stage of life to get enough rest.



The difference between insomnia and being unable to sleep

While both will have a major impact on the way you operate, there are key differences between regular sleep deprivation and having insomnia. The most important factor comes in regard to causation.

Whereas regular sleep deprivation occurs because of external factors, insomnia is triggered by your own ecosystem. For example, while someone playing loud music next door might cause sleep deprivation, insomnia is brought on by a very different cause.

Scientists firmly believe insomnia is caused by the hyper arousal of the nervous system. This causes us to trigger our fight or flight mechanism – leaving us in a state of alertness and constant readiness. In order to maintain this, the body is flooded with stress-related hormones, such as cortisol and norepinephrine.

In short, sleep deprivation is caused by poor choices on your part or disturbing external factors, whereas insomnia is a natural by-product of a chemical reaction you have no control over.

■ **THE IMPACT AND SIDE EFFECTS OF INSOMNIA ON YOUR LIFE**

Having insomnia will unsurprisingly have a drastic impact on your life. Just as not getting enough sleep is bound to seriously impact your health, so too does insomnia – only to more extreme levels.

Some of the primary side effects of insomnia include:

■ **HEIGHTENED RISK OF A MEDICAL CONDITION**

With insomnia, you run the risk of being diagnosed with far more serious medical conditions than just a cold. These include: strokes, asthma attacks, obesity, heart disease, diabetes.

■ **RISK ON YOUR MENTAL CONDITION**

With the additional strain being placed on the brain, it becomes a lot more susceptible to mental health disorders such as depression and anxiety.



Whereas regular sleep deprivation occurs because of external factors, insomnia is triggered by your own ecosystem. For example, while someone playing loud music next door might cause sleep deprivation, insomnia is brought on by a very different cause.

■ **SHORTENED LIFE EXPECTANCY**

A recent study found that people who suffered from persistent insomnia over a 38-year period were 97% more likely to die in that time than someone without the condition.

■ **IMPAIRED SOCIAL LIFE**

If you're suffering from a condition which keeps you awake for extended periods of time, you're going to be less able to successfully communicate with people on a social level.

How to combat and battle through insomnia

When it comes to insomnia, you have two options. You can either choose to head down the medicated route, or battle through the condition on your own.

Some top tips for trying to rid yourself of insomnia include:

■ **DO YOGA IN THE EVENING**

While we wouldn't encourage strenuous activity before bed, you can wind down for the night with a nice relaxing yoga session. This will help you chill out, without releasing too much adrenaline into your system.

■ GET LOTS OF LIGHT DURING THE DAY

You can naturally regulate your body to adjust to sleeping at the right times by getting enough light during the day. This subconsciously encourages the body to regulate your rhythms.

■ HAVE A RELAXING BATH OR SHOWER BEFORE BED

Sitting in a warm bath or taking a shower ahead of bed time raises your body temperature, which in turn helps to wear you out without releasing adrenaline. This relaxed state is always helpful when it comes to trying to nap.

■ DON'T LIE IN BED FOR HOURS

If you can't sleep, don't wait around for an extended period of time getting frustrated. After 20 minutes, get out of bed and do something else until you feel tired. Whether it's an hour or just five minutes, take your mind off being unable to snooze.



CHAPTER 6

Mental Health & Sleep



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Sleeping and mental health are intricately linked. Getting too little sleep can aggravate certain mental illnesses, while a condition can also directly lead to sleep deprivation. It's not hard to see how a vicious cycle can suddenly take hold and aggravate a condition further.

Each individual case is different, but there are common themes across conditions as a whole.

Let's now analyse the relationship between a number of different mental health problems and getting a good night's rest and relaxation.

ADHD (Attention Deficit Hyperactivity Disorder)

Owing to the nature of this condition, it's perhaps little surprise people with ADHD have a challenging relationship with sleep. With mental and physical restlessness a primary symptom, relaxing enough to drift into a peaceful sleep can be incredibly difficult.

As New Life Outlook Points out, there are four main issues which ADHD or ADD sufferers face:

FALLING ASLEEP

Around 75% of adults with the conditions cite the inability to "shut off their minds" as a detrimental factor

in sleeping. They go on to say that 70% of adults with ADHD take longer than one hour trying to fall asleep.

■ **RESTLESSNESS**

Easily woken and incredibly active during their slumber, people with ADHD can be so fitful that bed partners might be forced to sleep elsewhere in extreme cases. This activeness often results in people being as tired when they wake up as they were the previous evening.

■ **WAKING UP**

And waking up is far from easy either. When they do eventually drift off, triggering their body back awake can take longer than average. Common reports from close family members state ADHD workers are easily irritable and often very difficult to wake from their slumber.

■ **INTRUSIVE ASLEEP**

On a slightly more psychological note, sleep can also be intrusive. Results have found increased levels of theta waves are produced by people with ADD. These interrupt and intrude on the relaxing alpha and beta waves which help a person to sleep soundly.

Having ADHD can put a strain on your sleep patterns, but it's important not to let your spirits drop. There are ways of battling a lack of sleep. Some of the best include:

- **Doing more exercise during the day**
- **Getting yourself into a consistent evening routine**
- **Avoiding alcohol before bedtime**
- **Staying on all prescribed medicine**

This advice will apply to most conditions. There are always steps you can take to make things that little bit easier.

Bipolar Disorder

As many as 2% of people in the UK had bipolar disorder. This condition causes extreme shifts in moods, with someone swapping between periods of depression and joy without what many would see as a "definitive reason". Unsurprisingly, this can again lead to issues when it comes to getting enough rest of an evening.

Everyday Health's Dr. Phillip Gehrman has cited a direct correlation between a lack of sleep and worsened bipolar symptoms.

“Even between mood cycles, people with bipolar disorder may have sleep problems, and those sleep problems, if they persist, increase the risk of a relapse.”

The health professionals go on to say that some medication actually has a negative impact on sleep, causing a person to become restless. It's advised you speak with your doctor to discuss any possible side effects of this.

Interestingly, people with bipolar are just as likely to suffer from hypersomnia as they are from insomnia. This is a condition which causes someone to sleep for longer than they naturally need to. Despite the additional levels of sleep, a person will not feel refreshed once they wake up.



Anxiety

Anxiety is a condition which will naturally cause your mind to race. Symptoms which make you feel nervous or uneasy will directly lead to a more active brain. In turn, this makes it far more challenging to fall asleep.

As with any condition, the less sleep you have, the more of an impact it'll have on your negative symptoms. If you're somebody with anxiety who needs help falling asleep, make sure to keep these points in mind:

■ **CONTROL THE ENVIRONMENT AROUND YOU**

You are more likely to be able to drift off if you have crafted an environment around you which is optimum for your own sleep. This involves setting the right lighting and temperature in the room. Having a shower or bath before bed can also be useful.

■ **DON'T LOOK AT SCREENS BEFORE BED**

Looking at screens before you head to sleep can wake your brain up. Seeing these images directly before bed has the potential to disrupt your body's shutting down process. Instead, consider reading a book or listening to some light music.

■ **LIMIT THE AMOUNT OF CAFFEINE YOU'RE CONSUMING**

It's well documented that caffeine is a natural stimulant. Having this before trying to sleep is likely to result in hyperactivity. It's recommended you take in less than 200-300mg of caffeine a day.

■ **IF ALL ELSE FAILS, GET HELP**

If you're finding it impossible to sleep, regardless of the lengths you're going to, be sure to get help. There are a variety of organisations which have been

specifically set up to help battle anxiety. Some of the best include Turn2Me, Better Help and Mind.org.

Anxiety is a very real condition, which can have a major impact on your life. If you start to notice any symptoms, be sure to talk to someone about it.

Depression

Depression is the most commonly known form of mental health disorder. It has a major effect on how easy people find it to sleep, with as many as 90% of people with the condition having some form of sleep-related issue. Shockingly, the same reports suggests insomnia is a genuine concern for at least two thirds of depression sufferers.

Sometimes, problems can stretch beyond mental to physical issues. Sleep Apnea is a disorder which sees people temporarily stop breathing while they're asleep. This lowers their blood oxygen level and leads to a major disruption of sleep.

Advice for this condition falls into the same bracket as most other mental health problems. Create a routine, avoid screens before bed and give reading something a try. That said, Health Line provides three alternative ways to prevent depression from having a major impact on your sleep patterns.

■ **IMPROVE YOUR SLEEP HYGIENE**

This incorporates some of what we've already discussed (such as limiting caffeine intake and avoiding screens), while also focusing on keeping your bed exclusively dedicated to activities you only carry out there. For example, no eating, working or watching television.

■ **WRITE**

Writing out your thoughts is a great way of therapeutically addressing all the positive and negative things running through your mind. Rather than storing these, rip them up. Health Line claim this is helping your brain to "change structure", allowing you to process your emotions in a healthier way.

■ **COGNITIVE BEHAVIORAL THERAPY**

Therapists of this nature will work to help people come to terms with their depression. This includes working on sleep disorders to help with the progression of sleep.



While mental health and sleeping problems walk hand-in-hand, there are ways to combat both. Follow the advice we've laid out here and you should be able to battle the effects of a condition. It will always be a struggle, but sleep deprivation can be at least somewhat mitigated by adopting some of the approaches we've outlined.



CHAPTER 7

Frequently Asked Questions



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Sharing is Caring

Sleep deficit is a silent killer in India.
Someone in your family or friends
might benefit from this guide.

Share it with your family & friends
on WhatsApp, Facebook etc.

We've covered a lot in this resource, but you may still have some burning questions you'd like answered. We'll do our best to find a solution with the following:

Frequently Asked Questions

ARE NAPS GOOD OR BAD FOR YOUR SLEEP PATTERN?

Naps have the potential to be both good or bad for a person's overall sleeping habits. If a snooze is scheduled in for the middle of the day, and lasts roughly 20 minutes, it will refresh you without impacting your nocturnal rhythm.

However, if you take a nap in the evening it can disrupt your regular flow and rhythm. Naps generally make you feel more alert and awake – something you won't want late at night.

DO SLEEP APPS WORK?

Some sleeping apps have been championed in recent years as a tool to help you track patterns. These do a decent enough job, but are ultimately going to make you overthink things in the long term. Let sleep be

as natural as possible, and don't try to regimentally analyse every aspect of it.

■ **WHAT POSITION IS BEST TO LIE IN FOR SLEEP?**

There's no right or wrong answer to this question. It's dependent on what you personally find the most comfortable. Arguably the most popular position is the foetal pose – curled up with one or both knees tucked towards the chest.

■ **MY PARTNER SNORES AND IT'S AFFECTING ME. WHAT CAN I DO?**

People often overlook snoring as just one of those things in a relationship. While it can start off that way, it has the potential to turn into a genuine issue if it persists. If this is the case, you might be wise to get in contact with the British Snoring and Sleep Apnoea Association. They should be able to provide you with a solution.

■ **HOW LONG WILL I BE SLEEP DEPRIVED AS A NEW PARENT?**

How long is a piece of string? There's no set date when a child will suddenly stop waking up in the middle of the night – but you should theoretically see this phase come to an end by the 18-month

period at the latest. If you're struggling badly during this time, it's important to remember it won't last forever. Soldier through, and reap the rewards once they finally get a full night.





sunday

Sunday is a sleep startup on a mission to design products that help you sleep better. Sunday's product range include mattresses and bedding that has been designed to international quality standards.

The products are certified by Oeko Tex, LGA.

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www.sundayrest.com | hello@sundayrest.com | +91 88807 33666