



TORQUE



THE IMPORTANCE OF SLEEP

Sleep is one area of health that is easily ignored but getting enough sleep can be considered just as important to health as exercise and a healthy diet. The best sleep habits are consistent, healthy routines that allow all of us, regardless of our age, to meet our sleep needs every night, and keep on top of life's challenges every day.

WHY WE NEED SLEEP



It helps with learning and memory retention.

It helps your mood and patience.

It keeps your immune system healthy.



It keeps your metabolism functioning optimally.

It helps you perform better, limiting the risk of fatal accidents.

It improves skin complexion and reduces eye bags and wrinkles.



THE STAGES OF SLEEP

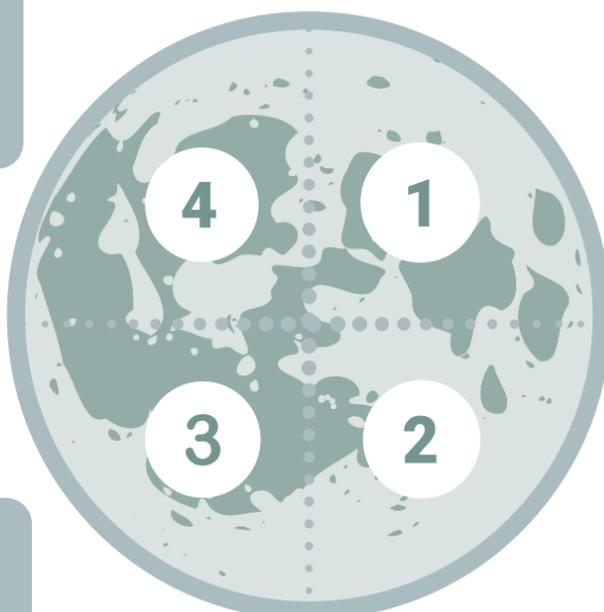
4) REM

After NREM we enter rapid eye movement (REM). It is during this stage of sleep that we dream. We need to experience all 4 stages to feel rested.



1) NREM 1

When we first fall asleep we enter the first stage of sleep known as non rapid eye movement (NREM) sleep.



3) NREM 3

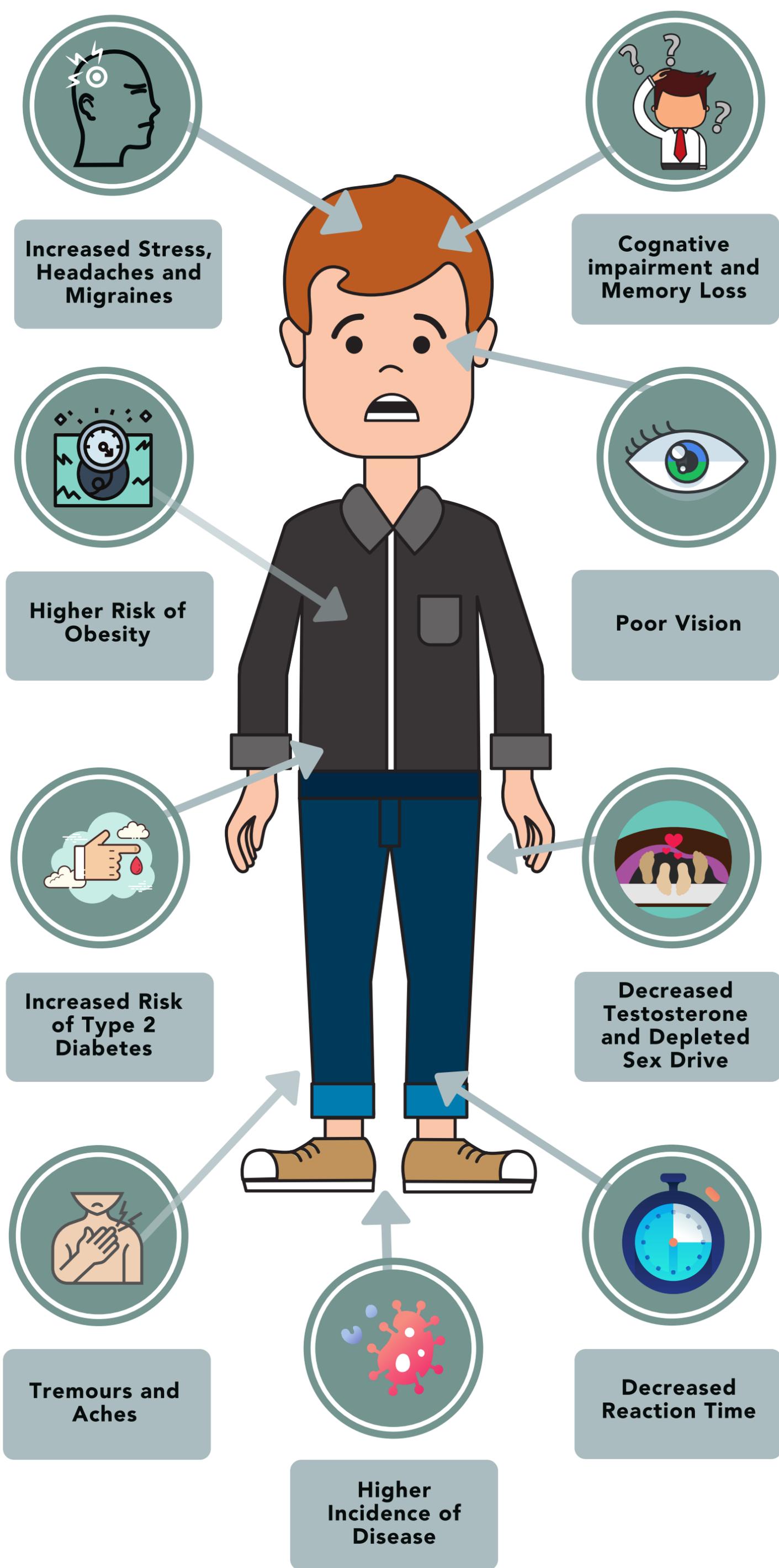
This is a slightly deeper stage of sleep. We are likely to feel disorientated if woken from this stage of sleep.



2) NREM 2

These are light stages of sleep from which we can wake easily

WHAT HAPPENS WHEN WE DON'T GET ENOUGH SLEEP?



So how long should we sleep each night? There is variation in the requirements from person to person but generally the majority of healthy adults will require 7 to 9 hours of sleep a night while children and teenagers require even more.



TIPS FOR BETTER SLEEP



1) STICK TO A REGULAR SLEEP SCHEDULE

Try to go to bed and wake up at the same time each day. You'll feel better if you also try to wake at a light sleep stage, apps can help you track your sleep cycle.

2) USE NATURAL LIGHT TO WAKE UP

Natural light, or a special lamp that mimics natural light, raises cortisol and will help you feel more alert and relaxed.



3) AVOID CAFFEINE

Caffeine is a stimulant that can keep you awake. So avoid caffeine for four to six hours before bedtime.

4) EXERCISE

Regular exercise will help to keep your body clocks' natural rhythm and optimise your hormone levels. Try to avoid exercising late at night which may make sleep more difficult.

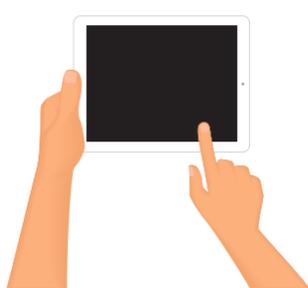


5) LIMIT FLUIDS IN THE EVENING

Drinking too much liquid shortly before bed can result in the need to get up to the toilet in the night so try to avoid lots of fluid before bedtime.

6) RELAX YOUR MIND

Try a relaxing activity that helps clear your mind before bedtime. This could be a walk, gentle stretching or meditation.



7) AVOID ELECTRONICS

Remove your eyes from all electronic devices at least 30 minutes before bed. Artificial light interferes with our production of melatonin and makes deep sleep more difficult.

8) HAVE A BATH OR SHOWER

Warm water helps us relax and de-stress. You can also add lavender or magnesium-based epsom salts, which are known to help with sleep.



9) MAKE YOUR ROOM AN APPROPRIATE TEMPERATURE

Most people sleep better when it's cool but not all so try and find out what temperature works best for you.

10) LIMIT NATURAL LIGHT & NOISE

Reduce outside noise with earplugs or a "white noise" appliance. Use heavy curtains or an eye mask to block light, a powerful cue that tells the brain that it's time to wake up.

