

# Celebrate World Sleep Day

World Sleep Day, celebrated on 14 March since 2008, is organised by the World Sleep Day Committee of the World Association of Sleep Medicine (WASM) and aims to lessen the burden of sleep problems on society through better prevention and management of sleep disorders.



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It is a celebration of sleeping, as sleep is a basic human need, crucial to our overall health and well-being.

Sleepiness and sleeplessness constitute a global epidemic that threatens the health and quality of life and much can be done to move towards a healthier society. Even though most sleep disorders are preventable or treatable, less than one-third of sufferers seek professional help. One can even be unaware that one has sleep problems and consider tossing and turning or waking up frequently as normal. Yet this interrupts much-needed REM sleep and is often from one's pillow or mattress pushing up against sensitive pressure points on one's body.

Loss of quality sleep can lead to numerous health problems, such as hypertension, heart disease, stroke and diabetes. A bad night's sleep can also lead to poor alertness, lack of attention, reduced concentration, memory recall and learning, decreased work and academic productivity and even car accidents.

## 10 commandments for quality sleep

Lack of sleep has a significant negative impact, both long- and short-term. The gap between being aware of the risks and taking action can easily be reduced with these simple steps:

1. Have a fixed bedtime and waking up time
2. Keep your daytime naps at 45 minutes or less
3. Avoid excessive alcohol and smoking at least four hours before bedtime
4. Avoid caffeine, some teas and cold drinks six hours before bedtime
5. Avoid heavy, spicy and sugary foods four hours before bedtime
6. Exercise regularly
7. Use a pressure-relieving quality mattress and pillow
8. Keep the room well ventilated and at a comfortable temperature
9. Block out all distracting noise and eliminate as much light as possible
10. "Sleep is God. Go worship" - Jim Butcher, writer

Sleep is essential to one's wellbeing, however, quality rather than quantity is the key. One's body, mind and soul deserve quality sleep on a quality mattress that will provide support for years. One's mattress should conform to one's body, giving one a restful and luxurious sleep, every night. For more information, go to <http://za.tempur.com>.

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