



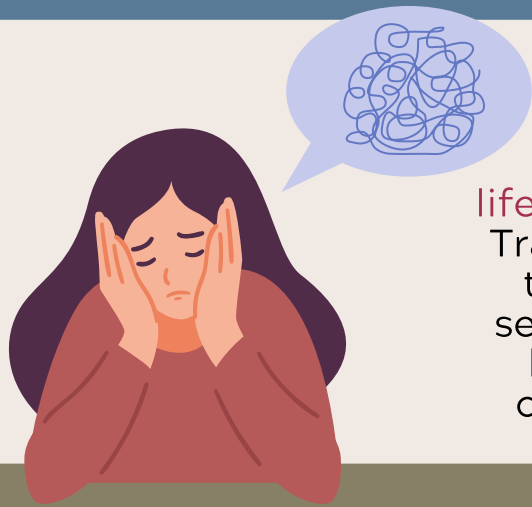
香港紅十字會
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Healthy Sleep



Sleep is the prerequisite for physical and mental health

Good quality sleep can restore the body's energy and refresh our body and mind. The characteristics of insomnia include difficulty falling asleep at bedtime, inability to fall asleep, frequent waking at night and unable to fall asleep after waking up, or waking up too early in the morning, and a series of symptoms leading to lack of sleep.

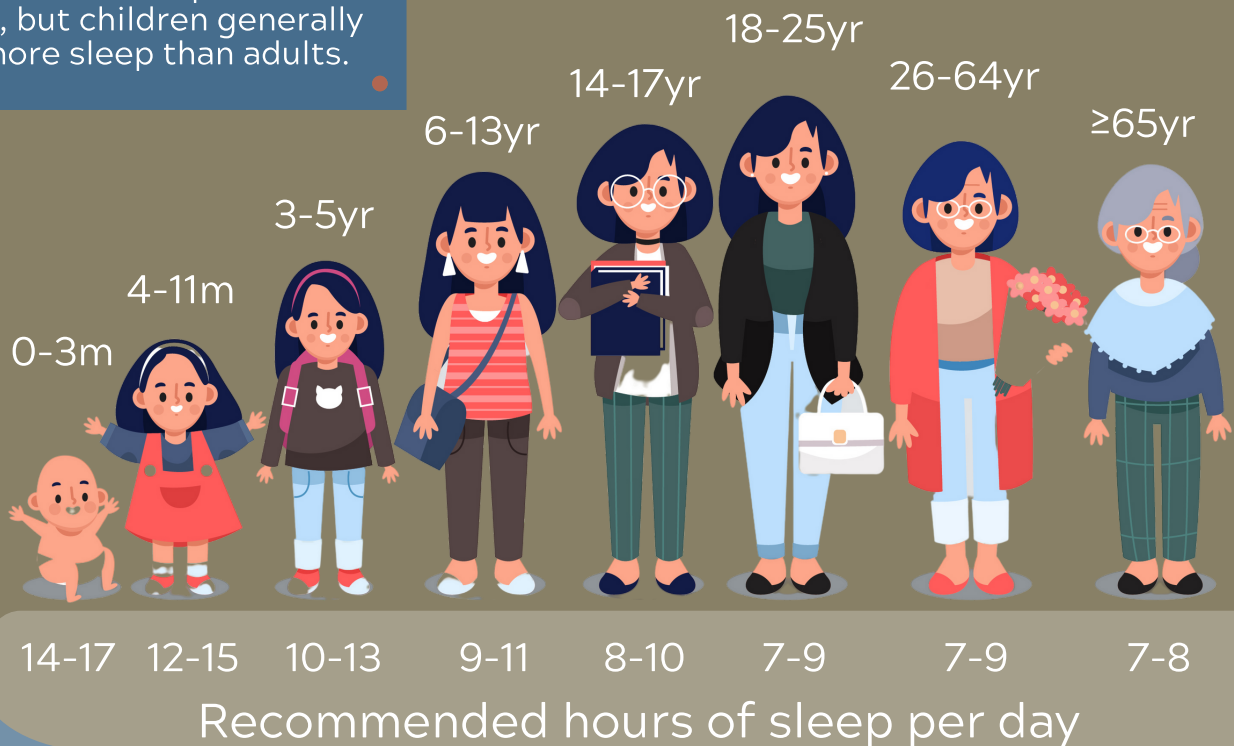


Causes of insomnia

Insomnia can be caused by **psychological factors**, **lifestyle**, **environmental factors**, or **physiological factors**. Transient or sudden insomnia usually originates from a temporary life problem or condition, and lasts from several nights to several weeks. Insomnia can also be a long-term problem, especially when suffering from chronic diseases or mental illness at the same time.

Are you getting enough sleep? Sleep needs across the lifespan

- The amount of sleep each person needs varies according to age, level of physical activity, health and other personal factors, but children generally need more sleep than adults.



Health consequences of lack of sleep

Occasionally insomnia will not have much impact on health, but long-term insomnia can seriously affect our physical and mental health.

Effects on the brain:

- Mood disorders
- Increase the risk of depression or anxiety
- Unresponsive
- Memory loss
- Reduced creativity
- Limb incoordination



Other effects on the body:

- obesity
- Type 2 diabetes
- Cardiovascular diseases
- Cancer
- Decreased body immunity

Self-assessment of sleep survey Athens insomnia scale



A score of 4 or 5 indicating potential insomnia patients. A cut-off score of ≥ 6 indicating insomniacs. Higher the score indicates a more severe sleep disturbance

Impact on interpersonal relationships:

- Irritability and impatient mood caused by insomnia can affect the relationship with partners, family members or colleagues

If insomnia persists or does not improve, **do not take the pills without a doctor's prescription.** You should consult your doctor. He/She will help you find out the cause of insomnia and give you the necessary treatment according to your condition.

- Establish a regular sleep schedule to avoid prolonged sleep compensation on weekends
- Create an ideal sleep environment that is cool, quiet, and dark
- Don't smoke and avoid caffeine in the evening
- Avoid heavy eating and drinking before going to bed
- Stay active during the day and avoid vigorous exercise before going to bed
- Restrict drinking as alcohol affects sleep quality
- Do not use electronic screens before going to bed to calm your brain and avoid blue light stimulation
- Do not engage in activities other than sleep in bed, such as surfing the Internet or watching TV

Tips for a good night's sleep

Sleep hygiene

