Your health in your sleep

You should boost your health through your sleep because it is an essential part of a healthy lifestyle

You can improve your sleep by changing your habits!

Healthy sleeping habits

Commitment to a specific bedtime

Set you a comfortable sleeping environment

Limit naps during the day

Do not go to bed except when sleeping
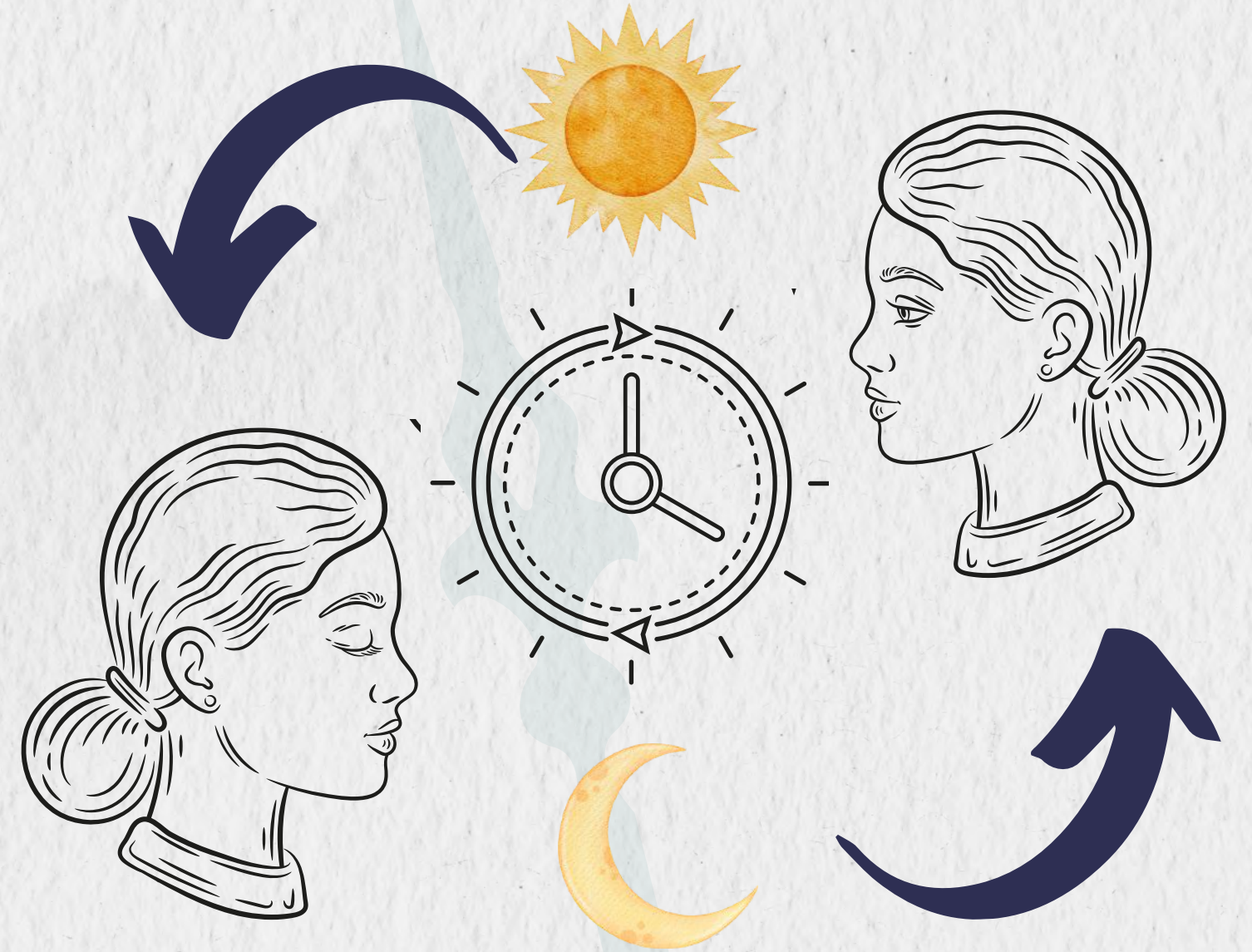
Follow a daily routine before bed

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Biological Clock

The biological clock plays a major role in the wake-sleep cycle, affecting many aspects of physical and mental health.

How does the biological clock work?

Circadian rhythm is influenced by external factors such as darkness and light. In the dark, the eye sends a signal to the brain to release the sleep hormone (melatonin) that makes the body tired. This effect is synchronized with the night-day cycle, so we sleep at night and wake up in the morning.

Plan for sleeping during Ramadan

During the holy month of Ramadan, people may not get enough sleep and this can lead to many sleep-related effects, so it's important to make a plan from the beginning:
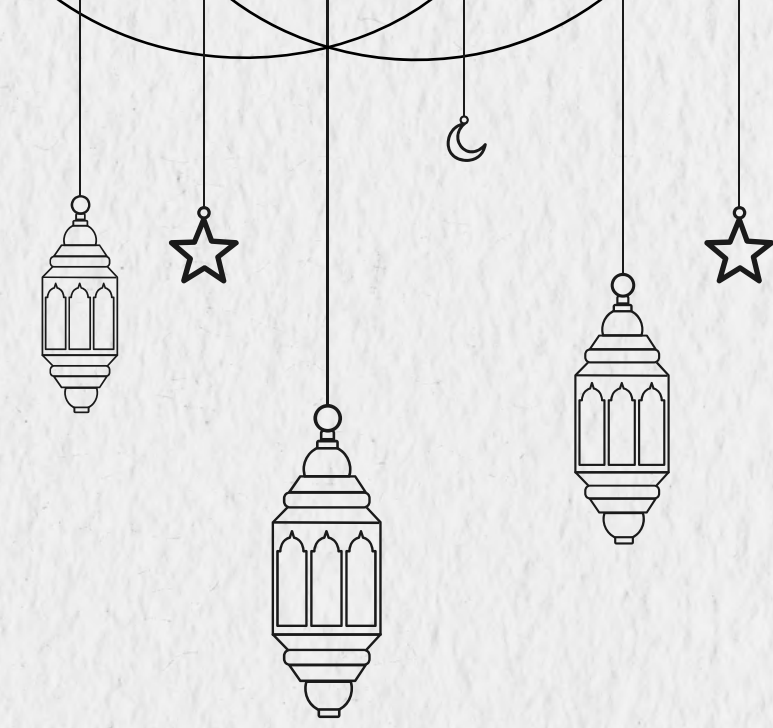
Avoid caffeine

The average body requires 8 hours of sleep per day.

Commitment to a fixed bedtime

Ensure that the sleep environment is cool and dark

Set an alarm to prevent an increase in sleep

Sleeping early at night, waking up for suhoor and dawn prayer, then going back to sleep before waking up for school or work
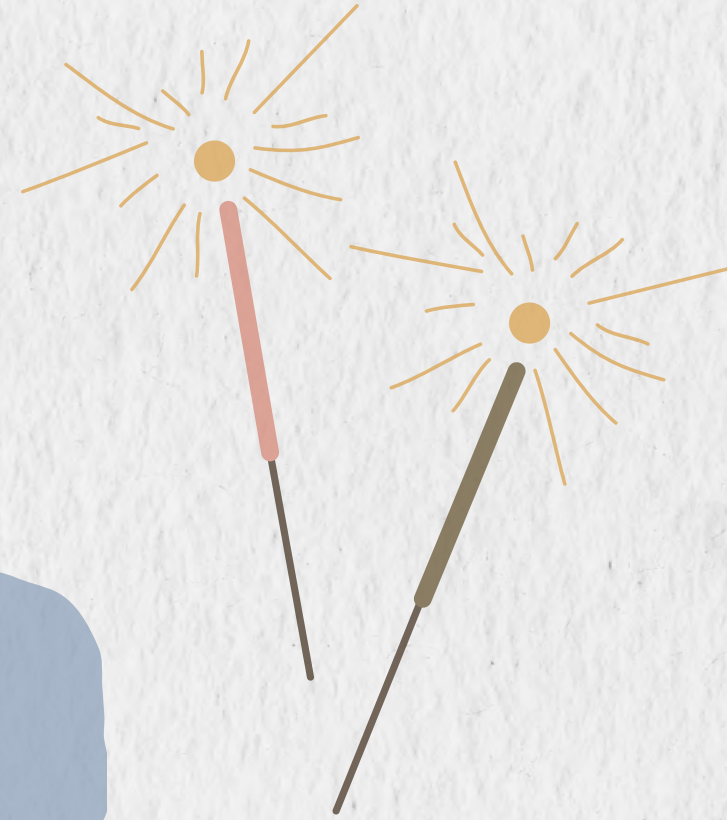
Take a brief afternoon nap

Sleeping instructions after Eid

Avoid caffeine before sunset

Eat a healthy, balanced diet

Avoid overeating in the evenings and opt for food that promotes relaxation.

Establish a sleep schedule and move your bedtime forward by an hour each day at night

Avoid naps during the day so that you do not sleep late at night

Exercise regularly

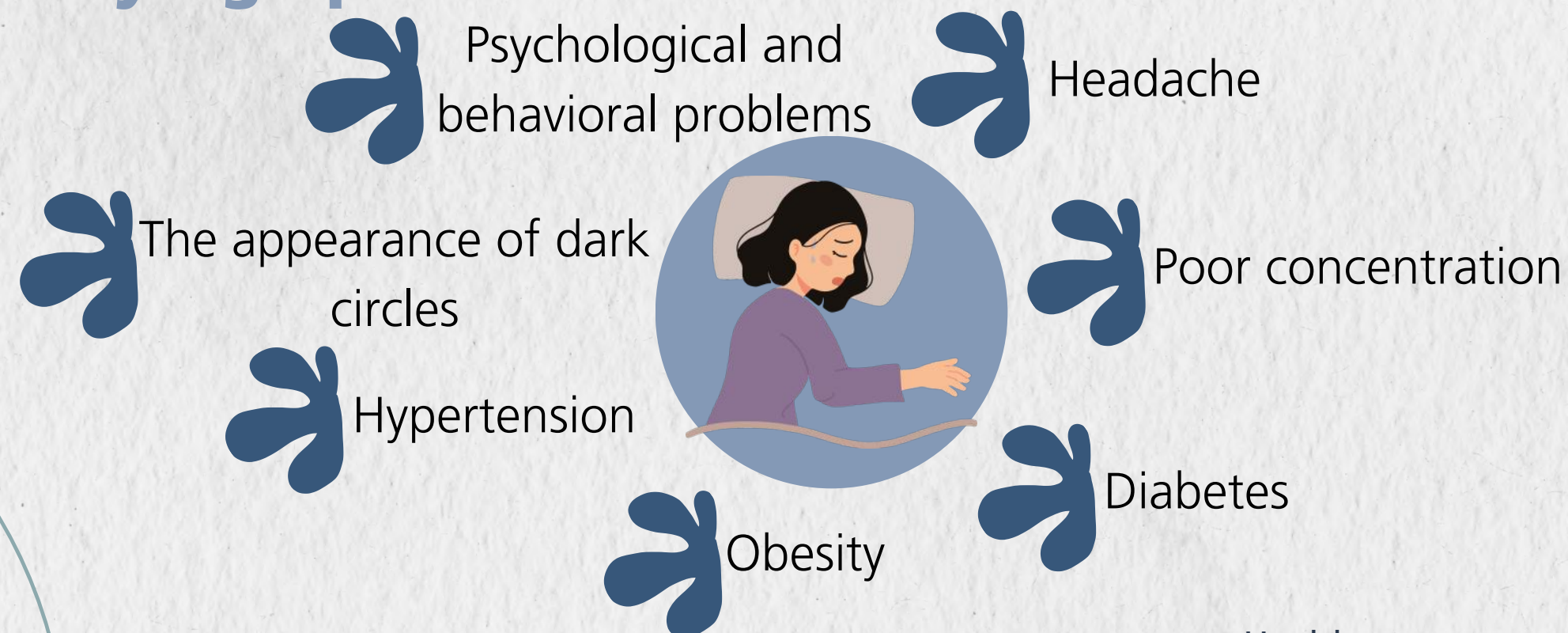Avoid engaging in social activities during late night hours

Staying up late on holidays

Staying up from the bad habits young people follow on holiday, believing that sleeping long after staying up makes up for the time they spend staying up.

consequences of staying up late:

Psychological and behavioral problems

Headache

The appearance of dark circles

Poor concentration

Hypertension

Obesity

Diabetes

Tips to overcome insomnia

Ensure that your sleep environment is comfortable and only go to bed at bedtime

Keeping a consistent time for sleeping and waking up

Avoid sleeping during the day

Eat light meals in the evening

Reduce caffeine taking before bedtime by 7 hours

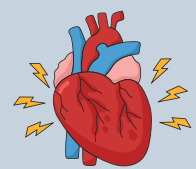Limit using electronic devices before bed

Exercise constantly

Obstructive apnea

It is a serious common disorder that causes repeated apneas while sleeping, and the person snores as a result of muscular relaxation in the back of the throat.
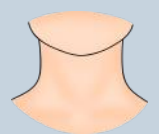
causes

Heart disorders

Aging

Use of narcotic drugs

overweight
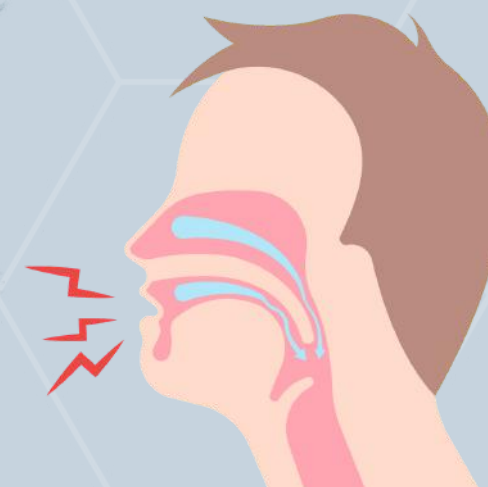
Neck circumference

Airway narrowing

symptoms

Snoring loudly

Fatigue and sleepiness during the day

Headache

Episodes of sleep apnea

Insomnia

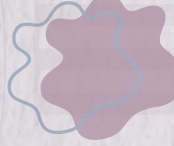# Guidelines for improving sleep quality

Adhering to a specific, fixed time for sleeping and waking up

Set up a cool, dark, comfortable, quiet sleeping environment

Avoid caffeine in the afternoon

Exercise regularly

Leave the bed when you're unable to sleep and do light activity

Go to bed when you feel sleepy

Avoid afternoon naps

Limit stimuli before bedtime

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Misconceptions about sleep

Any nap damages and ruins the whole day

Napping helps you stay active for longer, but should not exceed 20-30 minutes after you wake up within 6 hours.

I don't sleep for an hour, I usually fall asleep and wake up

Failure to adjust the hours of sleep and wake up causes insomnia. To improve sleep quality, we recommend adhering to a specific time for sleeping and waking up.

Coffee doesn't keep me up, I usually drink it and sleep

Sleep quality is negatively affected when sleeping after drinking caffeine, such as coffee and energy drinks. We advise you to stop consuming all types of caffeine sources at least 4-6 hours before bedtime.