



CELEBRATE WORLD SLEEP DAY WITH A GREAT NIGHT'S SLEEP

Discover how to help yourself sleep better, for a healthier future.

Together, all the way.SM



The World Sleep Society (WSS) is celebrating World Sleep Day 2021 on **19 March** with the slogan ‘**Regular Sleep, Healthy Future**’.

Every year, World Sleep Day spotlights the importance of getting a good night sleep, while raising awareness about sleep disorders and the health benefits that come with being well-rested.

THE SLEEP JOURNEY: WHAT HAPPENS WHEN WE SLEEP?

Sleep plays a significant role in brain development and helps us maintain normal levels of cognitive skills such as speech, memory, and flexible thinking. Not sleeping seriously impairs our brain’s ability to function.

When we sleep, our bodies go through a recurring cycle of 90 to 110 minutes divided into two categories: **non-REM** and **REM** sleep.

QUICK FACT

Sleep and Health are strongly related: Poor sleep can lead to poor health, and poor health can lead to poor sleep.¹

- › **Non-REM.** During non-REM sleep, brain activity is quiet, and hormones are released into the bloodstream, allowing our bodies to repair itself after the day’s wear and tear. Non-REM sleep is split into multiple stages that include light sleep, true sleep, and deep sleep.
- › **Rapid Eye Movement (REM).** REM sleep comes and goes throughout the night and makes up about 20% of our sleep time. During REM sleep, the brain is very active, but our muscles are relaxed, and our eyes move quickly from side to side. REM sleep is also the time we dream.

Common sleep disorders

- › Shift Work Sleep Disorder (SWSD)
- › Snoring
- › Obstructive Sleep Apnoea
- › Insomnia
- › Restless Leg Syndrome (RLS)

HOW TO HELP YOURSELF SLEEP BETTER

Most adults typically work best with 7 to 8 hours of sleep each day. However, some people require less to function day to day. Regular sleepers typically benefit from better mood, psychomotor performance, and academic achievement.

To ensure a good night's sleep, you should:

- › Set a regular bedtime and awakening time.
- › Avoid excessive alcohol consumption 4 hours before bedtime.
- › Avoid caffeine 6 hours before bedtime. Avoid coffee, tea, sodas, and chocolate.
- › Not eat heavy, spicy, or sugary foods 4 hours before bedtime.
- › Exercise regularly, but not right before bed.
- › Make sure your room is at a comfortable temperature and well-ventilated for sleeping.

- › Block out all distracting noise and eliminate as much light as possible.
- › COVID-19 has changed our home configurations and routines, with the bedroom becoming workrooms or recreation rooms. Reserve the bedroom for sleep.

Cigna advocates healthy living to help prevent poor health. We focus on keeping people fit and well, and give them health improvement tools to access the right care at the right time.

Please reach out to the Cigna team anytime if you have any questions.



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