

# STAY HEALTHY!

## GETTING A GOOD NIGHT'S SLEEP

A good night's sleep is one of the main elements of health, wellbeing, youth and productivity. And isn't it great when you can enjoy a full 7–8 hours? But what if you are better at tossing and turning in bed rather than dreaming, or if you don't have enough time for a full night's rest?

### LET'S FIGHT INSOMNIA



#### Exclude possible medical reasons for a poor sleep

First of all, it's better to contact your physician to organise a check-up and exclude physiological causes of insomnia like chronic disorders, age-related changes or psychological disorders, such as anxiety or depression.

If you are already aware of your physical status or any particular disorders that you're suffering from, it might be useful to select or change your treatment options when facing insomnia. And remember: some medications can also negatively impact sleep quality.

#### Appraise sleep quality



There are a lot of different mobile apps available to assess your sleep quality, quantity and rhythm.

Most of them can even wake you up during the most optimal cycles in order to start the day well.

#### Appraise what and when you drink

**Caffeine** | The normal amount of caffeine is proportional to 3–5 cups of coffee per day. And it's better to drink them before 5–6 p.m.

**Alcohol** | Gives you the perception of a good night's sleep, though it actually ruins its rhythm and can even lead to early morning awakenings and insomnia.

**Abruptly and completely removing caffeine and alcohol from your diet can also be a cause of insomnia.**



#### Detect environmental problems

Sometimes familiar environmental issues can cause insomnia.

Among them are:

- high noise level;
- bright city lights;
- inappropriate room temperature.

**Try to make your bedroom a quiet, dark and well ventilated place with a temperature not higher than 21°C.**





## SEVERAL TIPS TO HELP YOU FALL ASLEEP



- Try to eat supper at least 3–4 hours before bedtime. Avoid large meals and spicy foods.
- Eat foods rich with tryptophan (cheese, pumpkin seeds, oatmeal, meat, poultry, fish and seafood). These foods are essential to the production of serotonin, the ‘happiness’ hormone. A lack of this can lead to insomnia.
- Exercise no later than 2–3 hours before bedtime. Be sure to complete it with stretching or relaxation in order to have a good night’s sleep.
- Ventilate the room before heading to bed.
- Write down on a piece of paper all the thoughts that are worrying you – so to think them over the next day instead of just before your head hits the pillow.
- If you can’t fall asleep for over 20 minutes, go to another room, distract yourself with something until you feel sleepy. You can read a boring book, for example.

## HOW TO FIGHT MIDDAY DROWSINESS



### Take a nap

- It’s especially important for those who can’t afford a full night’s sleep because of their work overload.
- Set your alarm clock for no longer than 10–20 minutes. Wake up. Drink some water or take in some fresh air.

### Cheer up



- Go for a short walk after lunch;
- Drink coffee (no more than 3–5 cups a day and before 5–6 p.m.);
- Have a few bites of dark chocolate (cocoa content more than 50%);
- Take bioactive supplements like eleutherococcus and ginseng.

### Have a good night’s sleep

Build a sleeping pattern of around 7–9 hours at least 3–4 days a week. It’ll help you feel fresh and energetic during the whole week.



## EAT WELL AND STAY HEALTHY!

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