

HAVE A GOOD NIGHT

In order to sleep better at night and reduce daytime sleepiness, you should try to practice the following sleep tips:

Maintain a regular bed and wake time schedule including weekends.

Establish a regular, relaxing bedtime routine such as taking a bath or listening to music.

Create a sleep-conducive environment that is dark, quiet, comfortable and cool.

Sleep on a comfortable mattress and pillows.

Use your bedroom only for sleep and sex.

Finish eating at least 2-3 hours before your regular bedtime.

Exercise regularly but avoid it a few hours before bedtime.

Avoid caffeine (e.g. coffee, tea, soft drinks, chocolate) close to bedtime.

Don't smoke - not only is it a major health risk, it can lead to poor sleep.

Avoid alcohol close to bedtime; it can lead to disrupted sleep later in the night.

Draw the line between sleeping out of laziness, and requirement. These two elements should not be confused.

Deep and undisturbed sleep should be aimed at. 7 hours of irregular sleep may not be the best solution.

People consume caffeine on a daily basis in coffee, tea, cocoa, chocolate, some soft drinks, and some drugs.

Caffeine is a stimulant and most people use it after waking up in the morning or to remain alert during the day.

Caffeine cannot replace sleep; it can temporarily make us feel more alert by blocking sleep-inducing chemicals in the brain and increasing adrenaline production.

Moderate caffeine intake, however, is not associated with any recognized health risk.

Caffeine enters the bloodstream through the stomach and small intestine and can have a stimulating effect as soon as 15 minutes after it is consumed. Once in the body, caffeine will persist for several hours.

Caffeine causes physical dependence. If you suspect that you or someone you know is dependent on caffeine, the best test is to eliminate it and look for signs of withdrawal, such as headache, fatigue and muscle pain.

Although caffeine is safe to consume in moderation, it is not recommended for children. It may negatively affect a child's nutrition by replacing nutrient-dense foods such as milk. A child may also eat less because caffeine acts as an appetite suppressant.

Caffeine is a stimulant. In moderate doses, it can:

- Increase alertness
- Reduce fine motor coordination
- Cause insomnia
- Cause headaches, nervousness and dizziness

It has also been known to result in:

- Anxiety
- Irritability
- Rapid heartbeat
- Excessive urination
- Sleep disturbance

Children and women who are nursing or pregnant should avoid caffeine.

Children aged 5-12 need 10-11 hours of sleep. At the same time, there is an increasing demand on their time from school, sports and other extracurricular and social activities.

In addition, school-aged children become more interested in TV, computers, the media and

Internet as well as caffeine products – all of which can lead to difficulty falling asleep, nightmares and disruptions to their sleep.

In particular, watching TV close to bedtime has been associated with bedtime resistance, difficulty falling asleep, anxiety around sleep and sleeping fewer hours. Sleep problems and disorders are prevalent at this age.

Poor or inadequate sleep can lead to mood swings, behavioral problems such as hyperactivity and cognitive problems that impact on their ability to learn in school.

SLEEP TIPS FOR SCHOOL-AGED CHILDREN:

Teach school-aged children about healthy sleep habits.

Continue to emphasize the need for regular and consistent sleep schedule and bedtime routine.

Make the child's bedroom conducive to sleep - dark, cool and quiet.

Keep TV and computers out of the bedroom.

Avoid caffeine