



Sleep, Insomnia & Wellbeing News Daily

Research & news about sleep, insomnia and wellbeing

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Friday, Mar. 18, 2016



#SLEEP

Why Sleeping May Be More Important Than Studying

Shared by
TiltonCAA



[ww2.kqed.org](#) - Getting enough sleep is an under-valued but crucial part of learning. Contrary to students' belief that staying up all night to cram for an exam will lead to higher scores, truth is, the need for a...

What is Sleep Hygiene? | Sleep.org by the National Sleep Foundation

Shared by
Heather Swift



[sleep.org](#) - While the word "hygiene" conjures up images of hand-washing and teeth-brushing, sleep hygiene is different. It's the habits that you can put in place each evening to optimize sleep. Don't worry—it ...

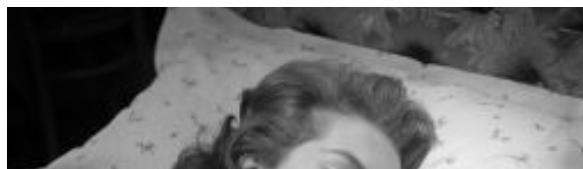
Loving-Kindness Writing Meditation | The Mindfulness Meditation Institute

Shared by
Mindfulness Training

[mindfulnessmeditationinstitute.org](#) - Loving-kindness writing meditation is an exercise I developed for my new book, "Mindfulness Meditation Made Simple." The purpose is to direct our subconscious mind to effortlessly change our behavi...

Women officially need more sleep than men

Shared by
quinn black



[independent.co.uk](#) - Women tend to require more sleep than men because of their "complex" brains, according to research. Scientists found that around 20 minutes more sleep was needed by women compared to men - and said...

What Happens to Your Body When You Don't Get Enough Sleep

Shared by
Urbana Lopez R



health.clevelandclinic.org - If you eat well and exercise regularly but don't get at least seven hours of sleep every night, you may undermine all your other efforts. Sleep disorders expert Harneet Walia, MD, says it's importa...

A Society Without Sleep

 Shared by
Foster Family Chiro



huffingtonpost.com - How do you start your morning? If you're like most people, you likely shower, dress and then use one of the biggest Band-Aids available to us: caffeine. Whether it's a double espresso, a pot of tea...

Brain calcium controls how long we sleep

 Shared by
Hiromi Arai



riken.jp - "Although sleep is a fundamental physiologic function, its mechanism is still a mystery," according to group director and corresponding author Hiroki Ueda. A multi-disciplinary research team led by...

What changes in sleep are considered normal with healthy aging?

 Shared by
Alex G Balcázar

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DIY Aromatherapy To Calm Anxiety & Improve Sleep

 Shared by
Prof. Anna Maslin



mindbodygreen.com - Once, while traveling through Egypt, I became fascinated with the stories of ancient medical masterminds and altars still masked with the scent of perfumes from hundreds and even thousands of years...

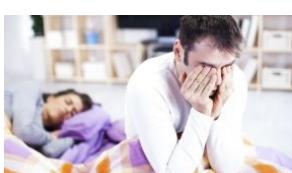
CDC Features - Insufficient Sleep Is a Public Health Epidemic

 Shared by
Darrel Drobnich

cdc.gov - Continued public health surveillance of sleep quality, duration, behaviors, and disorders is needed to monitor sleep difficulties and their health impact. Sleep is increasingly recognized as import...

5 ways not getting enough sleep is hurting you and what to do about it | KSL.com

 Shared by
Eileen Pelletier



ksl.com - No one likes experiencing sleep deprivation, but do those extra hours of work instead of sleep put your health at risk? What about your ability to think and problem solve? KSL and IntelliBED want t...

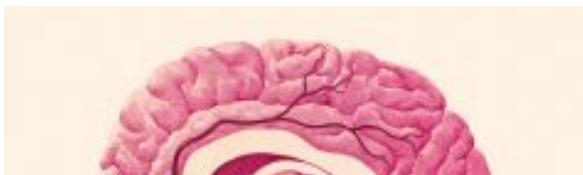
2016 SLOGAN

 Shared by
Inglés en Acción Ya!

worldsleepday.org - "Good Sleep is a Reachable Dream" is the slogan for World Sleep Day 2016 taking place worldwide on March 18th, 2016. Welcome to WSD 2016. The slogan for 2016 expresses a desire that comes true for ...

5 Ways Not Getting Enough Sleep Completely Messes With Your Brain | Teen Vogue

 Shared by
linda barrett



teenvogue.com - Getting your beauty sleep is super important, but with the pressures of school, getting into college, having a social life, extracurricular activities, and spending time with your family — among co...

9 Nutrients You Need For Great Sleep + How To Get More Of 'Em

 Shared by
Truehope Nutritional



mindbodygreen.com - Shawn Stevenson, host of popular wellness podcast Model Health Show, maintains that he "could not have found my road back to health without first paving a way to better sleep." In his new book, Sle...

World Sleep Day: Ten rare sleeping disorders you may not have heard of

 Shared by
sleepstation



ibtimes.co.uk - Many of us have difficulty in getting a good night's sleep, whether it is down to stress, staring at our smartphones before bed or an over-reliance on caffeine. For some, the problem is more long-t...

Sleep problems come from the day not the night; breaking the cycle of insomnia -- Sott.net

 Shared by
Konstantin Jovich



sott.net - Sleep problems come from the day not the night; breaking the cycle of insomnia Dawn Walton Wake Up World Tue, 15 Mar 2016 00:00 UTC Many people struggle with sleep. Some struggle to get to sleep, s...

Health Tip: Alzheimer's Disease Can Interfere With Sleep

 Shared by
helpmesleep

health.usnews.com - Health Tip: Alzheimer's Disease Can Interfere With Sleep (HealthDay News) -- Among the many challenges for a person with Alzheimer's and his or her caregiver is that the disease can disturb sleep. ...

How does your baby sleep?

 Shared by
The Hersham Hub



thehershamhub.co.uk - Does your baby often wake in the night....and can't settle himself off to sleep? Does your baby suffer from reflux or stomach related issues...which is especially bad at night? Co sleeping... is it a pref...

Parents may not know how much sleep their children need

Shared by
 sleepytime.club



reuters.com - Reuters Health - Many parents have only a poor understanding of how much sleep their children need, a New Zealand study found. One in four parents thought children need less sleep than is recommended...

4 Ways Being Sleep-Deprived Can Make You Poorer

Shared by
 SunSync



sg.finance.yahoo.com - I've had trouble with sleep since I was a kid, and it makes waking up early hell. I have a delayed circadian rhythm, which means I have no trouble staying up late, but trying to fall asleep early...

AAO Guidelines For Sleep Disorders In Children - AAPMD

Shared by
 Claremont Dental

aapmd.org - Polysomnography (PSG), otherwise known as a sleep study, remains the ideal method to diagnose childhood sleep breathing disorders, which can include obstructive sleep apnea (OSA). The effectiveness...

Got AFib? You May Have OSA

Shared by
 Darrel Drobnich



huffingtonpost.com - Somewhere between 2.7 to 6.1 million people in the United States have AFib -- atrial fibrillation. And there are 25 million adult Americans with obstructive sleep apnea (OSA). Every week I feel like...

eBook: What a GREAT Marketer Does with Content

Shared by
 José Ochoa



toprankblog.com - Sure, content should inspire our audience to form a relationship with the brand so they can be nurtured to a purchase decision that ultimately drives revenue. Duh. Which is great. That's what we wa...

Could Sleep Problems Predict Alzheimer's? - MedicineNet

Shared by
 Virgo Letgotomercy

medicinenet.com - Ju is in the process of enrolling or evaluating another 100 people. She expects to have those results by the meeting. For 14 days, the men and women wore a device that measures sleep. They also com...

I'm Determined To Become A Better Sleeper

Shared by
 SleepPro

[huffingtonpost.co.uk](#) - If I was to define my relationship with sleep, it would look a little something like a disastrous dating story: the harder I pursue, the more it evades me. I'm the needy, overbearing partner in a o...

How to Get More Sleep as a Mom

 Shared by
Mattress Direct NC

[popsugar.com](#) - It came as no surprise to me when the Centers For Disease Control and Prevention (CDC) recently revealed a study showing that 44 percent of single moms with kids under 18 at home do not get the rec...

How to Sleep Better: 5 Steps to Help You

 Shared by
Dr. Michael Breus

[thesleepdoctor.com](#) - I know what you are thinking: Is he serious? How can stopping my caffeine intake at 2:00 p.m. help me sleep better? It's simple! Caffeine has what's called a "half-life" of about 8 hours, which mea...

The Sleep Revolution Comes to the UK

 Shared by
helpmesleep

[huffingtonpost.co.uk](#) - Sleep is something we all have in common - it's one of humanity's great unifiers. It binds us to one another, to our ancestors, to our past, and to the future. No matter who we are or where we are ...

20 Percent People Sleep Deprived Globally: Survey - NDTV Food

 Shared by
helpmesleep

[food.ndtv.com](#) - One in every five people across the world is sleep deprived owing to reasons ranging from lifestyle, odd working hours and personal obligations, a survey said ahead of World Sleep Day. The poll, co...

6 Drug-Free Insomnia Remedies Supported By Science

 Shared by
GoodLivingWareho...

[goodlivingwarehouse.com](#) - Lack of sleep is probably the most overlooked source of health problems in every age group. You can eat a near-perfect diet, never miss a workout, and take all the right supplements, but you will s...

Calcium can ensure a good night's sleep, says study - The Economic Times

 Shared by
helpmesleep

economictimes.indiatimes.com - TOKYO: Calcium has been known long as good for our bones, but it might also be the key to a good night's sleep, says a new study, unveiling a new theory how sleep works. The study showed that sleep...

10 Signs You May Be Dealing With Insomnia

 Shared by
sleepstation

empowher.com - If you have insomnia, you're having trouble falling asleep and/or staying asleep. It's labeled chronic insomnia if it happens at least three times a week for three months or longer. This sleep diso...

World Sleep Day: Almost 20 per cent people in the world are sleep deprived and many resort to sleeping pills on a daily basis

 Shared by
helpmesleep

indiatoday.intoday.in - People lay a lot of attention to their diet and workout regime, but often forget the rest and recovery part of their bodies. Sleep plays a vital role in good health and well-being because the damag...

Modern day dads are doing more night-time nappy changes than mums

 Shared by
helpmesleep

mirror.co.uk - The days of new mums missing out on precious sleep as they change their baby's nappy while their partner snores at their side are officially over. For the first time, more new dads than mums are ge...

Eagle Radio - News - Guildford residents prepare to sleep rough tonight

 Shared by
helpmesleep

964eagle.co.uk - People in Guildford are wrapping up and preparing to sleep rough tonight for charity. It is the annual 'YMCA Sleep Easy Sleepout' challenge - swapping a bed for a box for one night only. Fifty nine...

The Benefits of Waking up Early on Sleep Quality

 Shared by
Better Sleep

sixstepstosleep.com - During my research into early man, modern-day hunter-gatherer communities and urban vs. rural sleep patterns, one reoccurring theme emerged; early waking is conducive to better quality sleep. This ...

The Truth About Using Lavender Oil for Sleep

 Shared by
Better Sleep

[sixstepstosleep.com](#) - As far back as I can remember I was always told that the scent of lavender in a room, or a dab of lavender oil on a pillow, helps induce sleep. But is this just an old wive's tale or does it really...

Can Taking Skullcap Before Bed Help You Sleep Better?

 Shared by
Better Sleep

[sixstepstosleep.com](#) - A friend and I were recently discussing sleep, and he told me that once in a while he slips a few drops of Skullcap into his herbal tea before bedtime. Being a writer who sometimes works up until m...

World Sleep Day: 1 of 5 patients in India suffers from sleep disorder

 Shared by
helpmesleep

[ibtimes.co.in](#) - One of every five patients in India suffers from sleeping disorder, according to a new poll conducted by Curofy, India's social media network of doctors. Approximately 20.3 percent patients asked f...

Coleen Nolan's problem page: My hubby sees prostitutes but refuses to sleep with me - Coleen Nolan - Daily Record

 Shared by
helpmesleep

[dailyrecord.co.uk](#) - MY HUSBAND has been having sex with prostitutes on and off for the past three years. He has on a few occasions had "relationships" with one of these women – texting and writing that he loves her. I...

Do you get enough sleep? World Sleep Day offers advice for a proper snooze

 Shared by
helpmesleep

[newstalk.com](#) - It is estimated that the average employee loses 8.5 days of work a year due to poor sleep. Today marks World Sleep Day, which hopes to bring attention to getting a proper night's sleep. Not only ha...

Why Insomnia is Dangerously Ruining Your Health

 Shared by
Better Sleep

[sixstepstosleep.com](#) - Insomnia becomes a habit. It becomes something you do most nights. We get used to the cycle as it manifests its presence in our lives. "I didn't sleep well last night" becomes a normal thing to say,...

6 Indian destinations to catch the best sleep

 Shared by
helpmesleep

[indiatoday.intoday.in](#) - One of the biggest reasons most of us feel the need to travel from time to time, is to escape the daily grind of an urban life and find some quality time to unwind and relax in a beautiful location...

The Facts About Taking Melatonin for Sleep

 Shared by
Better Sleep

[sixstepstosleep.com](#) - All living beings, including humans, animals and plants naturally live by circadian rhythms. Circadian rhythms consist of a 24 hour physiological cycle that is modulated by our environment and exte...

Understanding Delta Brain Waves And Sleep

 Shared by
Better Sleep

[sixstepstosleep.com](#) - Delta brain waves are the lowest and slowest brain waves, carrying a frequency range of between 1-4Hz. Delta brain waves are active mainly in stages 3 and 4 of sleep. Sleep stage 3 is known as slo...

10 Secret Tips to Help You Sleep Like a Top Athlete

 Shared by
Better Sleep

[sixstepstosleep.com](#) - For some time now it has been common knowledge among athletes that getting enough rest is essential for muscle growth and repair. What has been a more recent discovery is just how much our sleeping...

Here's how to buy your perfect mattress on World Sleep Day - Wales Online

 Shared by
helpmesleep

[walesonline.co.uk](#) - Having trouble sleeping? It might be your mattress, and what better day than World Sleep Day to consider a spruce up of the most important element of your bed, or maybe even invest in a new one? Sl...

Attention! 20 per cent of world's population is sleep deprived - The Economic Times

 Shared by
ET Lifestyle

economictimes.indiatimes.com - NEW DELHI: One in every five people across the world is sleep deprived owing to reasons ranging from lifestyle, odd working hours and personal obligations, a survey said ahead of World Sleep Day on...

Webinars

 Shared by
Southeast Psych

southeastpsych.com - A new live webinar every Wednesday at 12pm. Upcoming Webinars from our Healthy Living series: March 23 – Good Sleep is Effortless: Letting Go of the Need to Control Sleep Stand Apart, Be Free of ...

Sleep apnoea causes man, 29, to lose job and get into traffic accident, Others news, Health News, AsiaOne YourHealth

 Shared by
helpmesleep

yourhealth.asiaone.com - He has lost a job and caused a traffic accident, all because of a disorder in which he stops breathing repeatedly in his sleep. Business designer Benjamin Pham, 29, was diagnosed with obstructive s...

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NationalWellbeingService

The National Wellbeing Service has been set up by a group of psychologists and health educators who want to provide up-to-date wellbeing-related information, guidance and research to the public and health professionals.



Editor's note

Sleep, Insomnia & Wellbeing News Daily

Sleep disorders and insomnia can be very tiresome. The National Wellbeing Service has launched this twice daily newsletter to keep our followers up-to-date with developments in the field. A link to the most recent magazine will be tweeted. Please retweet if you think it maybe of some interest to your family, friends and colleagues.

Prof Stephen Palmer PhD
Director, National Wellbeing Service Ltd

①



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