**Blog 1**

**World Sleep Day 2020** will incorporate the slogan, ***‘Better Sleep, Better Life, Better Planet,'*** highlighting sleep's important place as a pillar of health, allowing for better decision making and cognitive understanding, even relating to the big issues, such as our planet.

Quality of life can be improved with healthy sleep. Conversely, when sleep fails, health declines, decreasing quality of life.

World Sleep Society has compiled ten tips for healthier sleep. Following the guidelines can help to prevent poor quality nocturnal sleep, short duration of sleep, fragmentation of sleep and serious sleep deprivation in adults.

**10 COMMANDMENTS OF SLEEP HYGIENE FOR ADULTS**

1. Establish a regular bedtime and waking time.
2. If you are in the habit of taking siestas, do not exceed 45 minutes of daytime sleep.
3. Avoid excessive alcohol ingestion 4 hours before bedtime and do not smoke.
4. Avoid caffeine 6 hours before bedtime. This includes coffee, tea and many sodas, as well as chocolate.
5. Avoid heavy, spicy, or sugary foods 4 hours before bedtime. A light snack before bed is acceptable.
6. Exercise regularly, but not right before bed.
7. Use comfortable bedding.
8. Find a comfortable sleep temperature setting and keep the room well ventilated.
9. Block out all distracting noise and eliminate as much light as possible.
10. Reserve the bed for sleep and sex. Don’t use the bed as an office, workroom or recreation room.

**Blog 2**

In the lead up to **World Sleep Day** on Friday, March 13, the World Sleep Society has released some interesting ‘Fast Facts’ relating to sleep and sleep health.

World Sleep Day 2020 incorporates the slogan ‘**Better Sleep, Better Life, Better Planet**,' highlighting sleep's important place as a pillar of health, allowing for better decision making and cognitive understanding, even relating to the big issues, such as our planet.

Arianna Huffington, founder and CEO of Thrive Global says, “Sleep is central to every aspect of our well-being—our physical health, our mental health, our productivity and our decision-making. Our world is facing huge crises on multiple fronts, and we need all the resilience, wisdom and sound decision-making we can muster. We can’t take care of our world if we don’t take care of ourselves—and that begins with sleep.”

**World Sleep Day Fast Facts**

* Research shows that we spend up to one-third of our lives sleeping. Sleep is a basic human need, much like eating and drinking, and is crucial to our overall health and well-being.
* Breathing regularly during sleep is critical to maintain well-being and health. Persistent interruption of the breathing function during sleep is called **obstructive sleep apnea** (OSA). OSA is very prevalent, yet under recognized. It affects approximately 4% of the adult population globally.1 The Wisconsin Sleep Cohort Study estimated a prevalence of 17% among men and 9% among women in that state (age 50-70) in the United States.2 In northern India, the prevalence of obstructive sleep apnea and obstructive sleep apnea syndrome is 13.7%.3
* Sleep apnea causes daytime sleepiness and fatigue, and may lead to conditions such as hypertension, heart disease, stroke, and diabetes.
* Next day effects of poor quality sleep include a negative impact on our attention span, memory recall and learning.4 Longer term effects are being studied, but poor quality sleep or sleep deprivation has been associated with significant health problems, such as obesity, diabetes, weakened immune systems and even some cancers.5, 6, 7.
* Lack of sleep is related to many psychological conditions such as depression, anxiety and psychosis.8,9
* Most sleep disorders are preventable or treatable, yet less than one-third of sufferers seek professional help.10
* Sleep problems constitute a global epidemic that threatens health and quality of life for up to 45% of the world’s population.11
* Directly or indirectly, disrupted sleep can have a negative effect on family life and relationships by affecting a person’s mood and the way in which they are able to perform daily activities and interact socially.12

**References**

1.The ‘Philips Index for Health and Well-being: A global perspective’ 2010, page 29

2Peppard, Paul & Young, Terry & Barnet, Jodi & Palta, Mari & Hagen, Erika & Hla, Khin. (2013). Increased Prevalence of Sleep-Disordered Breathing in Adults. American journal of epidemiology. 177. 10.1093/aje/kws342.

3Pattanaik, Snigdha & R, Rajagopal & Mohanty, Neeta & Pattanaik, Swati. (2018). Prevalence of obstructive sleep apnea in an Indian population: Using STOPBANG questionnaire. Asian Journal of Pharmaceutical and Clinical Research. 11. 100. 10.22159/ajpcr.2018.v11i11.27598.

4.Ohayon MM et al. Correlates of global sleep satisfaction in the psychiatric diagnosis categories. Psychiatry Clin Neurosci 2002; 56: 239-240

5.Taheri S, Lin L, Austin D et al. Short sleep duration is associated with elevated ghrelin, reduced leptin and increased body mass index. PLoS Med 2004; 1(3): e62

6.Gottlieb DJ, Punjabi NM, Newman AB et al. Association of sleep time with diabetes mellitus and impaired glucose tolerance. Arch Intern Med 2005; 165(8): 863-7

7.Gumustekin K, Seven B, Karabulut N et al. Effects of sleep deprivation, nicotine and selenium on wound healing in rats. Neurosci 2004; 114: 1433-1442

8.Zammit GK, Weiner J, Damato N et al. Quality of life in people with insomnia. Sleep 1999; 22 Suppl 2: S379-85

9.Beusterien KM, Rogers AE, Walslenben J et al. Health related quality of life effects of modafinil for treatment of narcolepsy. Sleep 1999; 22(6): 757-765

10. Léger D et al. Economic consequences of insomnia. Sleep Res 26, 412

11. Wade AG, Zisapel N, Lemoine P. Prolonged-release melatonin for the treatment of insomnia: targeting quality of sleep and morning alertness. Ageing Health 2008; 4 (1): 11-12

12.Pilcher JJ. Sleep quality versus sleep quantity: relationships between sleep and measures of health, well-being and sleepiness in college students. J Psychosom Res. 1997; 42(6): 583-96