

LEARNING POINTS : SEMINAR

SEMINAR TOPIC : **SLEEP HYGIENE**

DATE: 17/11/2023

1. Sleep hygiene has been ignored by the many people especially in IT professionals and also in health care workers.
2. This has led to many problems such as insomnia , Road traffic and Industrial accidents etc...
3. Many consider just good quantity of sleep is healthy , this is not true. Both quality and quantity of sleep is required.
4. Quality is assessed by
 - a) Sleep latency
 - b) Sleep waking
 - c) Wakefulness
 - d) Sleep efficiency index
5. 10:3:2:1 rule states that
 - a) To restrict caffeine intake before 10 hrs before sleep
 - b) To restrict food intake before 3 hrs before sleep
 - c) To complete all works before 2 hrs before sleep
 - d) To restrict screen time 1hr before sleep

6. Sleep physicians now suggest a way to improve sleep

Ready : This means getting ready for sleep. This includes physical activity and good food and all healthy habits etc..

Set : includes daily pre sleep routine which helps to improve sleep

Go : includes relaxing exercises

7. If problems persists in spite of this, consult a physician to check for sleep disorders