

Wellness Matters at QUT

Wellness Tip

October 2008



Sleep Awareness Week *(5th – 11th October)*

Adequate sleep is essential to maintain optimal human functioning and it is not only the amount of sleep, which is important, but also the quality. Approximately 50% of adults report symptoms of the sleep disorder insomnia, which is defined as “an inability to fall asleep or stay asleep.”

Insomnia can be responsible for a lack of energy and irritability, difficulty concentrating and poor work performance. Such consequences adversely affect quality of life as well as the health and safety of the individual and potentially the people around them. Research has also indicated links between insomnia and increased risk of chronic diseases such as cardiovascular disease and mental illness.

Tips for achieving a better night's sleep:

- Avoid caffeine several hours before bedtime
- Avoid taking work into bed. Make the bedroom a quiet, dark, comfortable and relaxing environment
- Establish a regular bedtime and wake-up routine; in other words try going to bed and getting up at a similar time every day
- Try reading a book, watching TV or doing another quiet activity before bedtime
- Drink a cup of warm milk before bedtime
- Put a drop of lavender oil on your pillow before you go to bed

For more information on sleeping disorders visit [Sleep Disorders Australia](#) or [The Australasian Sleep Association](#)