World Sleep Day

15 March

World Sleep Day aims to raise awareness about sleep because it is the basis of the needs of living organisms, sleep plays an important role in an individual's health

Objectives

Increase community awareness about sleep disorders

Promoting healthy sleep for the community

Sleep stages

REM sleep (a stage in which the brain is active, dreams begin, and the heartbeat is disturbed)

deep sleep

Sleep disorders

Insomnia

Narcolepsy

Night Terror

Sleep Walking

Nightmares

Tips to improve sleep quality

🌙 Commitment to a specific and fixed time for sleeping and waking up

🌙 Exercise regularly

🌙 Avoid going to bed when you are not sleepy

🌙 Avoid doing schoolwork and daily tasks at the end of the day

🌙 You should leave your bed when you are unable to sleep

🌙 Avoid consuming caffeine in the evening

🌙 Sleep in a cool, comfortable, dark and quiet environment