

Fact Sheet Sleeping

Sleep is a necessary and fundamental important element of our body's ability to function. The required hours of sleep for an adult is 7 to 8.5 hours a night, that being said everyone is different and some people can function fine on 4-5 hours. Although a bad night of sleep is not a foreign occurrence for most, serious sleep disorders can become a significant and debilitating issue for some.

Over 1.2 million Australians experience sleep disorders

Causes

- Stress
- Poor sleeping habits
- Reliance on medication eg. Sleeping pills
- Alcohol/drug use
- Mental illness
- Uncomfortable sleeping environment
- Overthinking
- Caffeine
- Hunger
- Pain/illness
- Poor bed association
- Messy room
- Distraction eg. Noise
- Hyper-arousal/hyper-vigilance
- Hormones eg. adrenaline



Effects

- Poor concentration
- Poor memory
- Impaired judgment
- Slow reactive/response
- Poor coordination
- Decrease in overall health
- Mood disturbances
- Exhaustion/fatigue
- Weight gain/loss
- Mental health
- Everyday functioning
- In severe cases it can lead to death

Tips

- Have a set bed/rise time
- Daily physical activity
- Do not nap
- Do not watch TV in the bedroom
- Do not eat right before bed
- Minimize caffeine consumption
- Don't have caffeine after 4pm
- Don't go to bed with a full bladder
- Have a nightly relax ritual eg. Hot shower, read a book
- Use your bed for sleeping only, don't eat or study in it
- Sleep in a dark, warm room

Zonta House Refuge Association provides support services to women who have experienced family and domestic violence, mental health issues, homelessness and other crises enabling them the opportunity to make safe and sustainable life choices. For more information or support, visit our resource page at www.zontahouse.org.au