



Sleep issue

One-third of life span is spent in sleep, an important state for keeping the body and the mind to stay healthy. Quality sleep is as important as any other life maintaining elements (e.g. food and water), which is crucial to enhance body development, recharge from tiredness, and let the individuals enjoy a happy state of mind.

Quality sleep is especially essential for children's growth and development. Children going through puberty and adolescence need to sleep longer and deeper for the release of growth hormone and brain benefits by aiding concentration as well as detoxifying stress and adverse emotion.

If you have issue with sleep, you may consider the following advice:

- Develop a regular sleep routine by going to bed at the same time every night, even on the weekends. A consistent sleep-wake cycle is essential for a quality sleep
- Avoid very long naps during the day
- Adequate daytime physical activities and exercise can help falling asleep faster and allow a more restful sleep. Do relaxation exercises to unwind your mind and body. Avoid doing rigorous exercises or exciting activities before bedtime
- Computers and digital devices like mobile phones should be avoided before bedtime. These products should be turned off and put away during bedtime
- Heavy meal before bedtime may cause indigestion, and beverages may cause frequent urination. For a quality sleep, they should be avoided
- Avoid eating or drinking anything containing caffeine, such as coffee, tea and soft drinks
- Bedroom should be quiet, comfortable, and without any bright lights during bedtime. The room should be well-ventilated and avoid excessive hot or cold temperature

