

**DO YOU HAVE A PROBLEM SLEEPING?**  
TALK GIVEN AT MANOR VIEW PRACTICE  
8<sup>th</sup> March 2018  
By Sharon Keaney

Sharon very kindly addressed some 30 members of the Practice to give us an enlightening talk on "Sleep Science". Sharon offers her time on a Saturday to work for the Disability Foundation, where patients, staff and visitors can receive complimentary therapies – Sharon's speciality being Transformational Therapy and Hypnotherapy.

We first learned that before 1929 it was thought that the body just "switched off" during sleep, but in 1929 Hans Berger, inventor of EEG, discovered human brain waves. Sharon explained that we now know there are several stages during our sleep, including deep restorative periods and times for dreaming. She described how all of these stages are important to our health and wellbeing.

Deprivation of sleep may have a number of serious detrimental effects such as:

- ❖ Trouble with thinking and concentration.
- ❖ Memory issues.
- ❖ Risk of heart disease.
- ❖ Risk for diabetes.
- ❖ High blood pressure.
- ❖ Weight gain.
- ❖ Weakened immunity.
- ❖ Accidents.
- ❖ Mood changes.
- ❖ Low sex drive.

For all of the above reasons poor sleep should never be ignored. You need to find the cause and if possible a method of addressing it, whether it be medicines, herbal aids or personal therapies – such as those offered by Sharon herself

To help us sleep we can make some simple adjustments such as:

- ✓ Create darkness.
- ✓ Sleep in a cool room, preferably cooler than 18° C.
- ✓ Reduce to a minimum blue light – that is phones, tablets etc.
- ✓ Try to get at least 20 minutes of morning sun.
- ✓ Go to bed at regular times.
- ✓ Avoid alcohol – this reduces deep sleep.
- ✓ Create a bedtime ritual.
- ✓ Don't drink caffeine after 2 pm
- ✓ Reduce your sugar intake.
- ✓ If you are a poor sleeper, enjoy short (20 minute) naps during the day if you can.

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We were invited to access a free “Dream:On” recording:  
Away With Words FB page (search #AskAwayUK) or ...  
Text: “Dream” to 07939 356 627.

If we need help with anything else we can visit:  
The Disability Foundation (RNOH)  
[www.tdf.org.uk](http://www.tdf.org.uk).  
Sharon is there on Saturday mornings only.

Our enthusiastic audience greatly appreciated Sharon’s presentation and engaged her with numerous comments and questions after the session was formally closed.