

The Amazing Benefits of a Great Night's Sleep

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We're told the average adult should get between seven and nine hours sleep a night. In reality, hectic modern lifestyles often mean we don't get enough shut-eye.

But research suggests getting the recommended amount of rest is essential for our wellbeing, and has countless benefits you might not even realise.

Sleep can help boost concentration, improve memory function, enhance decision making and reduce stress. Studies have shown it can even increase life expectancy. With so much to gain, it's definitely worth getting in those nightly hours.

So, how do you get the best night's sleep possible? Countless techniques and strategies exist - the key is finding which ones work best for you.

A warm bath before bed can relax the muscles and the mind, while meditation and yoga are both beneficial ways of eliminating the kind of distracting thoughts that could keep your brain whirring through the night.

Lowering the lights a few hours before bed is also a good solution as it encourages the release of melatonin – a chemical produced by the brain that helps regulate sleep.

It's also worth adopting a regular sleep pattern. Consistently going to bed at the same time every day, even on weekends, teaches your body when it's time to shut down.

When you're on an aeroplane, try listening to calming music to relax. Also, keep shifting your body's position so you don't stiffen up. And when you're wearing your seatbelt make sure it's visible. Once you've dropped off to sleep, you won't be disturbed by the flight attendants if they need to check you're buckled up.

So, by adopting a few simple strategies you stand to enjoy a great night's rest - along with all the amazing benefits that come with it.