

# OPTIMAL

A newsletter for wellness and improved wellbeing

## About OPTIMAL

**OPTIMAL** is a monthly wellness newsletter developed and circulated by Sages & Scribes Consultants aimed at informing, educating and improving the general wellbeing of readers by focusing on the essentials for improved mental health, and how to live a vibrant yet practical life in the present reality.

How do you feel today? Did you sleep well? There is so much to do that sometimes, we do not allow ourselves enough sleep. Is sleep that important?

This issue looks at sleep and how getting enough sleep can help improve our general well-being. There's time to work, time to play and time to sleep!

Improve your wellness, optimize your wellbeing and enhance your lifestyle with OPTIMAL.

Sages & Scribes  
CONSULTANTS



## Sleep... Zzz

By Ven. Adelowo Adesina

We often ask “How are you?” when greeting, but how many of us respond with exactly how we feel?

Here you are, up and about, but how ARE you? Do you feel energetic and are you in a good mood? Or do you feel tired and lethargic during the day? Are you happy and relaxed? Or are you unable to concentrate, or are you perhaps not as productive as you desire? Depending on how you feel, it could be you are probably not getting enough sleep, and when you do, it isn't good enough.

You are not alone. More often than not, the daily demands of everyday living does not allow for adequate sleep.

Getting enough sleep is essential for optimal health and wellness.

Sleep is as vital as regular exercise and eating a balance diet. It provides the body with the ability to process essential functions such as mood, cognition, and memory.

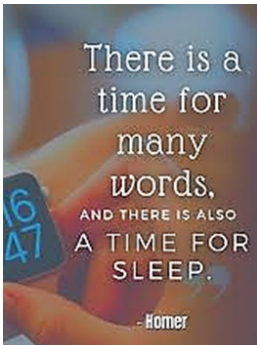
Sleep gives you the opportunity to rest, be refreshed, reinvigorated, renewed and restored to health, strength and vitality. Adequate sleep is crucial for a good and healthy life.

No matter how good you feel today, here's the big question >>>>



## Why Sleep?

Sleep is the natural state of rest in which your eyes are closed, your body is inactive, and your mind does not think.



It is an essential function that allows your body and mind to recharge, leaving you refreshed and alert when you wake up. Healthy sleep also helps the body remain strong and ward off diseases. Without enough sleep, the brain cannot function properly.

### The 3 main functions of sleep

Research has shown that adequate sleep helps to:

- improve memory and learning,
- increase attention and creativity, and
- aid in making decisions.



Sleep needs vary from person to person. Adults typically require at least 7 hours of sleep daily, while children and teenagers need longer hours.

## Risks Of Sleep Deprivation

Not sleeping enough can have adverse effects on the body:

- Lack of proper sleep affects short term and long-term memory.
- It also affects your ability to think and concentrate, and can make you uncoordinated.
- It can lead to being moody, emotionally distraught, and quick tempered which can escalate to depression and anxiety.
- Not having enough sleep can reduce one's libido.
- Lack of adequate sleep can cause reduced immune system function and increase your chances of becoming sick.
- It increases the chances of developing high blood pressure, stroke and other heart diseases.
- Inadequate sleep can cause mood swings, depression and even obesity.

Sleep plays a role in metabolism, so if you're trying to lose weight, build muscles or increase your fitness levels with regular exercise or workouts at the gym, you need to get enough good sleep.

## That Foggy Feeling

Have you ever felt foggy from lack of enough good sleep? That happens because sleep also affects our brain function. A healthy amount of sleep is vital for 'brain plasticity' or the brain's ability to adapt to input. If we sleep too little, we become unable to process what we've learned during the day and we have more trouble remembering it in the future.

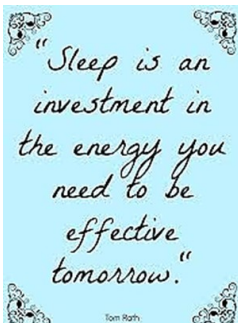



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***Sleep is the golden chain that ties health and our bodies together.***

**Thomas Dekker**

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## The Benefits of Good Sleep

- Good sleep helps you maintain or lose weight.
- It helps you concentrate properly, makes you become more productive.
- Adequate sleep enhances reaction time, muscular power, endurance, fine motor skills, and boosts problem-solving skills.
- It serves as a heart strengthener and reduces the risks of developing heart disease.
- Sleep supports a healthy immune system.
- Good sleep can help reduce the risk of type 2 diabetes and may regulate the sugar metabolism of the body.
- It puts your mental health in check and reduces symptoms of mental challenges
- It plays a big role in the regulation of the central nervous system
- It helps regulate emotions and social interactions

prioritizing  
good  
sleep  
is good  
self love.

### THE IMPORTANCE OF SLEEP

Sleep is a vital, often neglected, component of every person's overall health and well-being. Sleep is important because it enables the body to repair and be fit and ready for another day. Getting adequate rest may also help prevent excess weight gain, heart disease, and increased illness duration.

*Sleeping is not taking rest for today's hard work, it means gaining energy for tomorrow's work.*

## When Sleep Won't Come

Not having quality sleep can become an issue over time. It may result in sleep disorders which shows up as trouble falling or staying asleep, falling asleep at the wrong time, too much sleep, and abnormal behaviours during sleep.

The most common sleep disorders:

- **Insomnia** - difficulty falling asleep, staying up at night, waking up too early, having unrefreshing sleep and having moodiness or lack of concentration due to lack of quality sleep.
- **Sleep Apnea** - When breathing is interrupted during sleep.
- **Narcolepsy** - A neurological sleep disorder that affects control of sleep.
- **Restless legs syndrome** - An intense urge to move the legs, especially in the evenings.

The good thing is these conditions can be treated. If you are having serious trouble sleeping, you can get medical help.



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*Sleep is the single most effective thing we can do to reset our brain and body health each day.*

*Mathew Walker*

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## How To Get The Best Out Of Sleep

Finally, you are getting some sleep time. Here are some ways to get the best out of sleep:

- **Make sleep a priority on your schedule.** At least 7-9hours daily. Make a conscious decision to sleep. You need it.
- **Keep the same sleep schedule.** Stay consistent with your sleep routine.
- **Get comfy.** Have a comfortable mattress, pillows and beddings, in a cool quiet place with appropriate lights to help you sleep.
- **Stop pressing phone!** Switch off your phones and gadgets before bed.
- **Limit daytime naps** to get quality sleep at night.
- **Eat light meals** before your bedtime and no caffeine and alcohol.
- **Exercise** during the day to stay active. You'll sleep better at night.
- **Your bedroom is for sleeping,** so do only bedroom activities there.
- **Don't go to bed unless you feel sleepy.** If you struggle to sleep, get out of bed and do quiet activity to ease off.
- **Limit your fluid intake before bedtime** to avoid disruptions during sleep.
- **Don't worry, be happy.** Try to resolve your worries and concerns before bedtime – manage stress before you sleep.

Resources: hopkinsmedical.org, healthline.com, medicalnewstoday.com, newsmedical.net, health.clevelandclinic.org,



## In Other Words...

Some of us work late nights or work night shifts, yet we still need to ensure we get enough quality sleep regardless.

The aim is not to sleep for the recommended 7-9 hours, but to feel refreshed and fully rested on waking up; it is quality over quantity. Remember, sleeping isn't a sign of laziness, you need to rest and sleep well in order to refresh yourself to do more.

In the word's of entertainment world's Beyoncé Knowles :

*“Having peace, happiness and healthiness is my definition of beauty. And you can't have any of that without sleep.”*



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**Business Advisory:** Strategic and Organizational Management, Technology and Innovation Management, Social Policies and Welfare Programmes.

**Employee Assistance:** Employee Engagement for Productivity and Performance, Psychosocial Risk Management, Employee Wellness and Wellbeing.

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