

Community Health

Poor Sleeping



Sleeping Disorders

According to SingHealth Polyclinic's study in 2015, it was found that approximately 44% (4.4 in 10 people) of the Singaporeans did not have enough sleep during the weekdays.



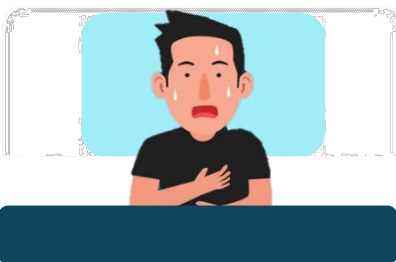
Causes of Poor Sleeping Habits

- Lifestyle choices such as gaming or watching TV till late night
- Drinking too much caffeinated beverages
- Poor sleep management
- Poor habit and irregular sleeping patterns



Medical

- Anxiety and Depression
- Obstructive sleep apnea
 - Obese
 - Problems in nose or throat resulting in blocked airways



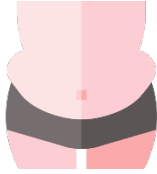
Symptoms of Poor Sleeping

- **Physical:** headache, dizziness
- **Emotional:** low mood
- **Performance:** lack of concentration

Effects of Poor Sleeping Health



Heart disease/Stroke



Obesity



Hypertension
(High blood pressure)



Diabetes

Safety



Car accidents



Risk of falls

Overall well-being



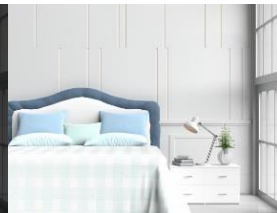
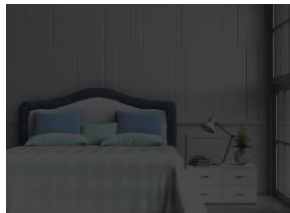
Problems with mood and relationships



Poor work performance

Tips for Better Sleep Environment

- Keep bedroom dark, quiet and cool
- Keep away from electronics before bedtime, such as phones and computers



Diet

- Avoid having heavy late night meals 3-4 hours before bedtime
- Drink less alcohol
- Stop or reduce caffeine and nicotine use

Well-being

- Limit afternoon naps
- Continuous long stretch of sleep
- Exercise regularly

“I must get 8 hours of sleep every night”

On average, humans require between **4 to 12 hours** of sleep a night, depending on individual lifestyle and needs.



Sleep well, live better. (n.d.). Retrieved March 29, 2019, from <https://www.healthhub.sg/programmes/117/goodsleep>

Take Home Message

- Sleep is essential for one's overall health
- Poor sleeping can increase health risk such as being more prone to stroke, heart attack, accidents and falls.
- Have sufficient sleep



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