



# Living Well North Tyneside

Supporting Health and Wellbeing

## Prioritising Healthy Sleep for a Healthier Future

**World Sleep Day** is an annual global awareness event that highlights the importance of good sleep and its impact on our overall health. Taking place on **14 March 2025**, the event serves as both a celebration of sleep and a call to action to address sleep-related issues, including medical conditions, education, and the social impact of poor sleep.

### Why Is Sleep So Important?

Sleep is not just a time of rest—it is a critical process that helps regulate physical and mental health. Poor sleep quality and insufficient sleep can contribute to a range of health problems, including:

- ✓ **Weakened immune system** – Making individuals more prone to illnesses.
- ✓ **Increased risk of heart disease and stroke**– Due to elevated blood pressure and stress on the cardiovascular system.
- ✓ **Higher likelihood of obesity and diabetes** – As sleep plays a key role in regulating metabolism and appetite.
- ✓ **Mental health challenges** – Such as increased stress, anxiety, and depression.
- ✓ **Memory and concentration issues** – Affecting productivity, learning, and overall cognitive function.

In contrast, good-quality sleep improves mood, boosts productivity, and enhances overall physical and mental well-being.

### Common Sleep Issues

Many people struggle with sleep problems, often without realising how much it affects their health. Some of the most common sleep disorders include:

- **Insomnia** – Difficulty falling or staying asleep.
- **Sleep Apnoea** – Interrupted breathing during sleep, leading to fatigue and other health risks.
- **Restless Legs Syndrome (RLS)** – An uncontrollable urge to move the legs, disrupting sleep.
- **Narcolepsy** – A neurological disorder causing excessive daytime sleepiness and sudden sleep attacks.

If sleep issues persist, it is important to seek medical advice to identify and manage underlying causes.

### How to Improve Sleep Quality

Making small adjustments to your daily routine can significantly improve your sleep. Try the following tips:

1. **Maintain a Consistent Sleep Schedule** – Go to bed and wake up at the same time every day, even on weekends.
2. **Create a Relaxing Bedtime Routine** – Wind down with calming activities like reading or meditation.
3. **Limit Screen Time Before Bed**– Avoid exposure to blue light from phones, tablets, and computers at least an hour before bedtime.
4. **Make Your Bedroom Sleep-Friendly** – Keep it dark, quiet, and cool for optimal rest.
5. **Watch Caffeine and Alcohol Intake** – Avoid caffeine in the afternoon and evening, and limit alcohol, as it disrupts sleep patterns.
6. **Get Regular Exercise** – Engaging in physical activity during the day helps regulate sleep cycles.
7. **Manage Stress and Anxiety** – Practising mindfulness, deep breathing, or gentle stretching before bed can help calm the mind.

### How to Get Involved in World Sleep Day

#### 1. Spread Awareness

- Share sleep health tips on social media using **#WorldSleepDay**.
- **Talk** to friends, family, and colleagues about the importance of sleep.
- **Encourage discussions** in schools, workplaces, and healthcare settings about sleep hygiene.

## 2. Take a Sleep Challenge

- **Track your sleep** for a week and identify any habits that might be affecting your rest.
- Try a "**digital detox**" by reducing screen time before bed.
- Commit to a **consistent bedtime** and **wake-up routine**.

## 3. Support Sleep Research and Charities

### Local Sleep Support in North Tyneside

For those experiencing persistent sleep problems, local resources and NHS services can provide guidance and support:

**Newcastle NHS Sleep Services** – Visit [www.nhs.uk](http://www.nhs.uk) to find sleep disorder clinics and advice.

**North Tyneside Talking Therapies** – Provides support for stress, anxiety, and sleep-related mental health concerns.

### Prioritise Your Sleep for Better Health

World Sleep Day 2025 is an opportunity to reflect on the role sleep plays in our overall well-being. Whether you are looking to improve your sleep habits, raise awareness, or support sleep-related causes, now is the time to take action.

Healthy sleep is the foundation of a healthy life—make it a priority!

### Related Links

- [World Sleep Day](#)
- [The Sleep Charity](#)
- [The British Sleep Society](#)
- [Sleep Apnoea Trust Association \(SATA\)](#)
- [Newcastle NHS Sleep Services](#)
- [North Tyneside Talking Therapies](#)

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