



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 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](#)
- [Sleeping habits at university](#)



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