



SLEEP AND REST

a good night's sleep is important for memory

Why is sleep important? During sleep, the brain processes daily events and memories are transferred for long-term storage. An adequate amount of good quality sleep is vital for your well-being. The memory of a tired person does not function as well as that of a well-rested person.



KEY FUNCTIONS OF SLEEP

Rejuvenate brain

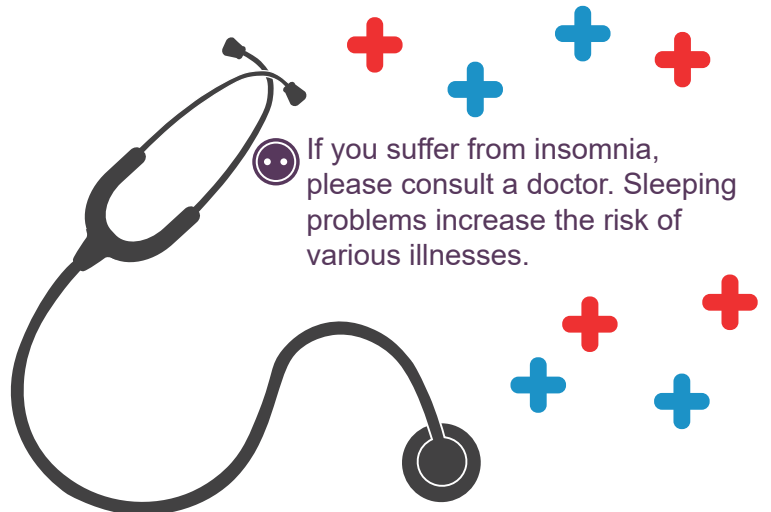
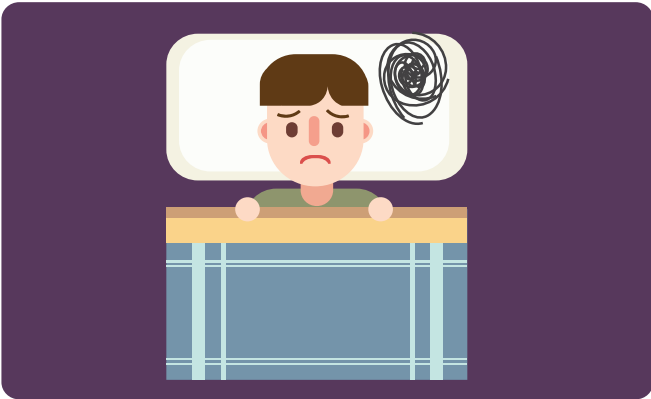


Support memory and cognitive performance



Maintain mental and physical health

The memory of a tired person does not function as well as that of a well-rested person. Ensure that you sleep 7-8 hours each night!



If you suffer from insomnia, please consult a doctor. Sleeping problems increase the risk of various illnesses.



Worries and problems may disturb your sleep and cause insomnia. At night, worries seem much greater than they are.



REMEMBER THE 8-HOUR RULE!

8

hours a day of brain activities

8

hours of own time and peace of mind

8

hours of sleep



TIPS FOR GOOD SLEEP



A well established daily routine promotes good sleep



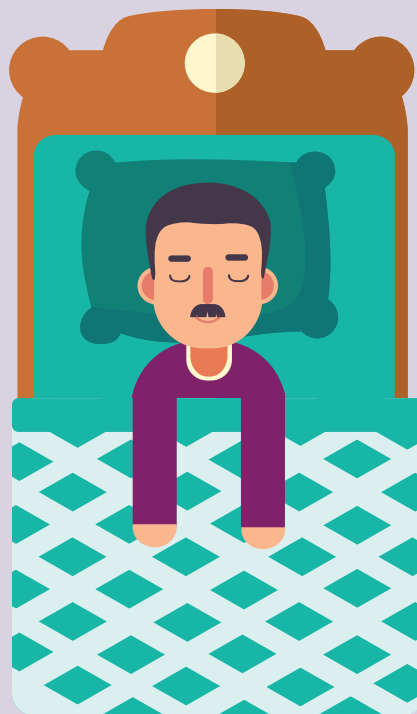
Ensure you have an appropriate bed, mattress, duvet, pillow and clean bedding.



Exercise at least 2-3 hours before sleep time.



Alcohol negatively impacts quality of sleep.



Sleep in a dark, cool and quiet bedroom.

Limit the amount of liquids you drink in the evenings.



Set aside enough time for evening routines and winding down.



Regular eating and a healthy diet promote good quality sleep.

Sources: Kohti parempaa aivoterveyttä-opas aivojen hyvinvointiin, Kouvolan seudun muisti ry.
Opas hyvään uneen, Suomen Unihoitajaliitto. www.unihoitajat.fi
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