

World Sleep Day

[World Sleep Day](#) is observed every year on March 15th. This day is an opportunity to raise awareness on the importance of sleep health.

This year's theme, "Sleep Equity for Global Health," emphasizes the importance of quality sleep in maintaining overall health and wellbeing. *Sleep equity* means that everyone, regardless of their background, deserves equal access to the necessary conditions for a good night's sleep. Adequate and quality sleep is a fundamental right that contributes significantly to physical, mental, and emotional wellbeing.

Here are some ways you can ensure quality sleep:

1. **Establish a consistent sleep schedule:** Maintain a regular sleep routine by going to bed and waking up at the same time every day.
2. **Create a relaxing bedtime routine:** Engage in calming activities before bedtime, such as reading a book, taking a warm bath, stretching, or listening to light instrumental music or nature sounds.
3. **Ensure a comfortable sleep environment:** Keep your bedroom dark, quiet, and cool for a restful space. Tidy up the room and use soft, breathable bedding and a good pillow.
4. **Limit screen time before bed:** Reduce exposure to screens at least an hour before bedtime, as the [blue light emitted](#) can interfere with the production of melatonin – the sleep-inducing hormone.
5. **Watch your diet:** Avoid heavy meals, caffeine, and excessive liquids including alcohol close to bedtime. Choose a light, sleep-friendly snack if needed.
6. **Stay physically active:** Regular exercise contributes to better sleep but try to complete vigorous activities earlier in the day and allow time for your body to cool down before bedtime.
7. **Manage anxiety and stress:** Practice stress-reducing techniques, such as meditation or deep breathing to calm the mind before bedtime.

Take the first step toward a healthier future by recognizing the importance of quality sleep. Share these mindful sleep practices, spread awareness, and promote a better sleep environment. Let's ensure that everyone has the chance for a peaceful and restorative sleep.

This information is provided to supplement the care provided by your physician or mental health professional and is not to be used as a substitute for professional medical advice. Always seek the advice of your physician or another qualified health or mental health professional if you have questions about a medical condition or plan of treatment.

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Monica Tomalka

Health Coach

Monica Tomalka is an ACSM Certified Clinical Exercise Physiologist, a Certified Wellcoaches Health and Wellness Coach, and a NESTA Fitness Nutrition Coach.