



香港紅十字會  
HONG KONG RED CROSS

# Sleep Health

五星健康  
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教育計劃

At least five hours of sleep per night may cut the chances of multiple chronic health problems for people over-50s', UK researchers say. The study tracked the health and sleep of UK civil servants with about 8,000 participants for 25 years. Those around the age of 50 who slept five hours or less had a 30% greater risk of multiple ailments than those who slept seven hours.

## References:

Sabia, S., Dugravot, A., Léger, D., Ben Hassen, C., Kivimaki, M., & Singh-Manoux, A. (2022). Association of sleep duration at age 50, 60, and 70 years with risk of multimorbidity in the UK: 25-year follow-up of the Whitehall II cohort study. *PLoS Medicine*, 19(10), e1004109.

## Why do we sleep?

Sleep can help the brain process memories and is good for mood, concentration and metabolism. Also, it is an opportunity for the brain to be cleared of waste. In adults, inadequate or poor-quality sleep may impair daytime cognitive functions, such as working memory, episodic memory and problem-solving skills. For teenagers and children, it can affect a variety of issues related to metabolism, endocrine function, and immune function, extending to cognitive development and learning ability.



## How much sleep is enough?

The optimal amount of sleep needed to perform properly and not have problem sleepiness during the day is about 7 - 8 hours for adults (including older people) and at least 10 hours for school-aged children and adolescents.

Newborns and preschool children need even more hours of sleep a day: newborns need to sleep 16 - 18 hours a day and preschool children need to sleep 11 - 12 hours a day.



## Types of Sleep and the Sleep Cycle

Sleep is divided into two basic types, namely non-rapid eye movement (non-REM) sleep and rapid eye movement (REM) sleep.

Non-REM and REM sleep have distinct brain wave patterns, eye movements and muscle tones. Throughout the night, sleep cycles between non-REM and REM sleep about every 90 minutes, with 3 - 5 cycles per night.

The ability to function and feel well while awake depends not only on the amount of total sleep but also on the amount of each type of sleep.

## 🔍 Sweet Dreams Tips

1. during the day by keeping busy and active but slowing down towards bedtime
2. Decrease the time spent in daytime sleep or nap
3. A comfortable sleeping environment including a comfortable bed, a quiet and dim environment, an appropriate room temperature
4. Avoid drinking coffee or tea or alcohol before sleep
5. Avoid using electronic devices such as cell phones at bedtime
6. If sleep does not occur 30 minutes after going to bed, wake up and go to bed again if you feel sleepy again

