



Keeping up with sleep may also
help fight cancer

These materials are intended for informational purposes only, and not as a substitute for professional medical advice. Always seek the advice of a qualified health provider for a medical diagnosis and before starting or changing any course of treatment.

Sleep

A short-lived bout of insomnia is generally nothing to worry about. The bigger concern is chronic sleep loss, which can contribute to health problems such as weight gain, high blood pressure, and a decrease in the immune system's power. Serious sleep disorders have been linked to hypertension, increased stress hormone levels, and irregular heartbeat. Sleep deprivation alters immune function, including the activity of the body's fighter T-cells. Keeping up with sleep may also help fight cancer.

If you can't go to sleep, have trouble staying asleep or have restless sleep, you first need to rule out physical causes like sleep apnea, restless legs and other health conditions. If there are no other underlying physical condition, the following may help you get and stay asleep!

1. Have a hot bath just before bed time
2. Have a cup of warm milk before going to sleep
3. Don't lie in bed and worry about not sleeping. If you can't sleep, get up and read a book till you feel drowsy
4. Go to bed at the same time every night and get up at the same time every morning
5. Don't go to bed until you are tired
6. Exercise during the day (allow atleast two hours between exercise and your sleep time)
7. Practice any relaxation technique like deep breathing, meditation or yoga
8. If worries keep you awake, write them down before going to bed. You can take care of them the next day!



Live Healthy!



Health Support Systems (HSS) helps people who are living with diabetes, obesity, hypertension or heart disease better manage their conditions through a combination of online self-monitoring tools, education and qualitative analysis, while reducing cost for care givers, employers and insurance providers.

Sleep