

Sleep

Our Vision

At PRIMEXL we aim to be the partner of choice in the creation of better organisations and better lives.

Our Values

We value:

- **Meaningful relationships**
- **Premium quality services**
- **Innovation** – we are always looking for ways to add more value to our clients
- **Accountability for our performance**

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We spend one third of our life sleeping. Sleep takes us from an alert, active state to a quiet, restful and peaceful state where a person can rejuvenate mentally and physically. Sleep is an essential need like food and water and is vital to physical and mental health.

It helps an individual to:

- maintain their immune system in good condition
- feel positive
- feel physically well and mentally sharp
- have good reflexes and co-ordination

During sleep you go through cycles of sleep which consist of:

REM (rapid eye movement) sleep

This is when your eyes move rapidly and your body and brain are active and you dream. This 'dreaming sleep' occurs three (3) or four (4) times a night and usually lasts for 20–30 minutes. It is essential for mental refreshment.

Non-REM sleep

This consists of four (4) stages of non dreaming sleep ranging from very light to deep sleep. During this sleep your body and brain are relaxed and you are physically recovering. Typically you drift into a light sleep, then go into deep sleep and later come up through lighter stages over a period of 90 minutes. Then a period of REM sleep occurs before the person starts the cycle again.

Generally a person needs about seven (7) or eight (8) hours of sleep each 24 hours. Some people may need as little as five (5) hours while others may need nine (9) or more hours.

When sleep is interrupted (due to work, stress, children etc.) you will not get sufficient deep and dreaming sleep to ensure that you are mentally and physically refreshed. This may cause irritability, fatigue and physical problems such as stomach and skin complaints. These problems can affect work performance and safety and your relationships with other people.

Establish a good routine with a regular time to go to bed and to get up in the morning. Try to go to bed and get up at the scheduled times.

Sleep Hygiene

- Cut out regular day sleeps. Go for a stroll instead of snoozing.
- Make your bedroom a place where you sleep. Other activities are for other places – don't read, eat, sew, watch TV etc. in bed.
- Making love is an exception. Satisfying sex is a powerful relaxant but the effect only lasts only five or ten minutes – if you haven't fallen asleep by then it won't help.
- Small changes to the bedroom, such as new bed linen or moving the bed, can help start a new routine and break old associations. Soft, low lighting helps create a restful atmosphere.
- Keep the room temperature moderate.
- Avoid rich, heavy and spicy food late at night.
- Cut down on alcohol, smoking, coffee, tea and other caffeine drinks especially after 4pm. If you are a heavy coffee drinker, be prepared for withdrawal symptoms such as irritability and shakiness.
- Try warm milk as a night-cap. Sedative herb teas such as pasaflorea or chamomile are safe alternatives for those who don't like milk. Drink plenty of water.
- Avoid television news and talkback radio. Reduce extremes of negative and positive stimulation 3 or 4 hours before sleep.
- Exercise – if possible, within four or five hours of bed time.
- Have a warm bath or shower before going to bed.
- Use techniques such as progressive muscle relaxation to relax tense muscles or a racing mind.
- Make a list of things to do the next day so you don't worry about them.
- Try to avoid going to bed on an unresolved fight or argument.
- Don't try to make yourself sleep. If you're unable to fall asleep after 20 – 30 minutes, leave your bed and engage in a relaxing activity. Return to bed when you feel sleepy

To access PRIMEXL's EAP service simply contact us on (08) 9492 8900 or visit www.primexl.com.au