

MIND YOUR HEAD



WHY IS GETTING A GOOD NIGHTS SLEEP SO IMPORTANT?..

Everyone has experienced a bad night's sleep and knows what it's like. Yet most people's experiences are slightly different – some react by being tense, others have headaches or upset tummies, sore backs, or sore eyes. However, the universal reaction is that no one feels great when they don't sleep well.



IS INSUFFICIENT SLEEP BAD FOR YOU?

Disturbed sleep can make you feel depressed and out of control which can lead to extra stress in your life.

But, although inadequate sleep is stressful and unpleasant, it's not necessarily harmful - thanks to looking after babies, etc., we have evolved with lots of reserves to draw on.

However, inadequate sleep does lead to impaired concentration particularly in monotonous situations.

The danger of driving with insufficient sleep is just one, prime example, now getting just recognition.