

MIND YOUR HEAD



WHY AM I NOT GETTING AS GOOD A NIGHTS SLEEP AS I CAN...?

A healthy lifestyle consisting of adequate and sensible nutrition and sufficient exercise is important for good sleep.

Eating too much, too late and the wrong things can disturb sleep, as can feeling unwell through lack of exercise.

However, the foundation of good sleep is the bed.

If you get up in the morning with aches, pains, stiffness or irritations then you need to consider whether your bed is the problem.



Other times you may feel your sleep is OK but not refreshing. Dust mites could be the reason. Their waste contains allergens.

Pillows and duvets can contain significant amounts; under-bedding increases the levels and mattresses older than 10 years may contain significantly more.

Mattress age, how often it and the bedroom are cleaned, ventilation, temperature and humidity all effect allergen concentration.

Similarly, snoring which may lead to sleep apnoea (stopping breathing) is a common cause of disturbed and unrefreshing sleep.

Less common is stomach reflux - bringing up small quantities of acidic fluid into the throat; this can produce the same symptoms as asthma or may cause choking sensations or possibly nightmares. (Sometimes raising the head of the bed a few inches is enough to solve the problem).