

How A Good Night's Rest Can Change Your Life: A Lot Of New Research Shows Just How Important Sleep Really Is



New research shows quality of sleep may positively impact quality of life, and experts recommend getting enough rest in ample sleeping conditions for better life satisfaction.

A new study published Wednesday in *Plos One* reveals that quality of sleep is a better indicator of quality of life than sleep duration or “social jetlag,” when biological sleep rhythms and socially directed sleep rhythms don’t align.

The study looks at the effects of the three sleep variables on Czech study participants over time (between 2018 and 2020) and found quality of sleep was a bigger contributor to quality of life than the other variables.

A 2021 study published in *Sleep Science* reported poor sleep quality is associated with impaired quality of life, especially if the participant reported depression or anxiety.

According to the Office of Disease Prevention and Health Promotion, the benefits of getting enough quality sleep include reduced stress and improved mood, thinking more clearly, maintaining a healthy weight, getting sick less often, a lowered risk of developing serious health problems and getting along better with people.

One third of American adults do not get enough sleep, according to data from the Centers for Disease Control and Prevention.

Adults between the ages of 18 and 64 **need** at least seven hours of sleep each night, while adults 65 and older need seven to eight hours of sleep.

Around 50 to 70 million U.S. citizens are affected by a sleep disorder, with 25 million adults in the U.S. struggling with obstructive apnea.

The CDC recommends developing good sleeping habits (or sleep hygiene) to get into a routine of quality sleep.



- Going to sleep at the same time every day and waking up at the same time, even on the weekends. A study published in *BMC Public Health* found students with irregular sleep schedules experienced insufficient sleep compared to those with regular sleep schedules.
- A dark, quiet, relaxed room at a comfortable temperature is essential for quality sleep. However, if noise is needed to fall asleep, Ahmad Boota, a pulmonologist and sleep medicine specialist with Bon Secours St. Francis, told *Greenville News* an “audio-only source” is recommended over turning on the TV, which frequently changes in volume and emits a light that can be disruptive.
- Exercise and being physically active during the day can help with falling asleep more easily at night. Working out helps decompress the mind and stabilize moods, which is an important process for “naturally transitioning to sleep,” Charlene Gamaldo, a medical director of Johns Hopkins Center for Sleep at Howard County General Hospital, told Johns Hopkins Medicine.
- Removing all electronics from the bedroom. A 2021 study examined the connection between electronic device use and sleep quality among college students and found those who used devices two hours before bed had poorer sleep quality than those who didn’t.
- Avoiding caffeine, large meals and alcohol before bed. Jade Wu, a board-certified sleep psychologist and a Mattress Firm sleep advisor, told Verywell that eating foods high in carbs, sugar and caffeine before bed means the “metabolism is still working hard,” keeping the body’s temperature higher than recommended for sleep and tricking the brain into “not feeling the sleepiness it has accumulated.”

*Sleep is the golden chain that ties
health and our bodies together*

Reference:

<https://www.forbes.com/sites/ariannajohnson/2023/03/15/how-a-good-nights-rest-can-change-your-life-a-lot-of-new-research-shows-just-how-important-sleep-really-is/?sh=5bb7418c1bcf>