



Healthy sleep

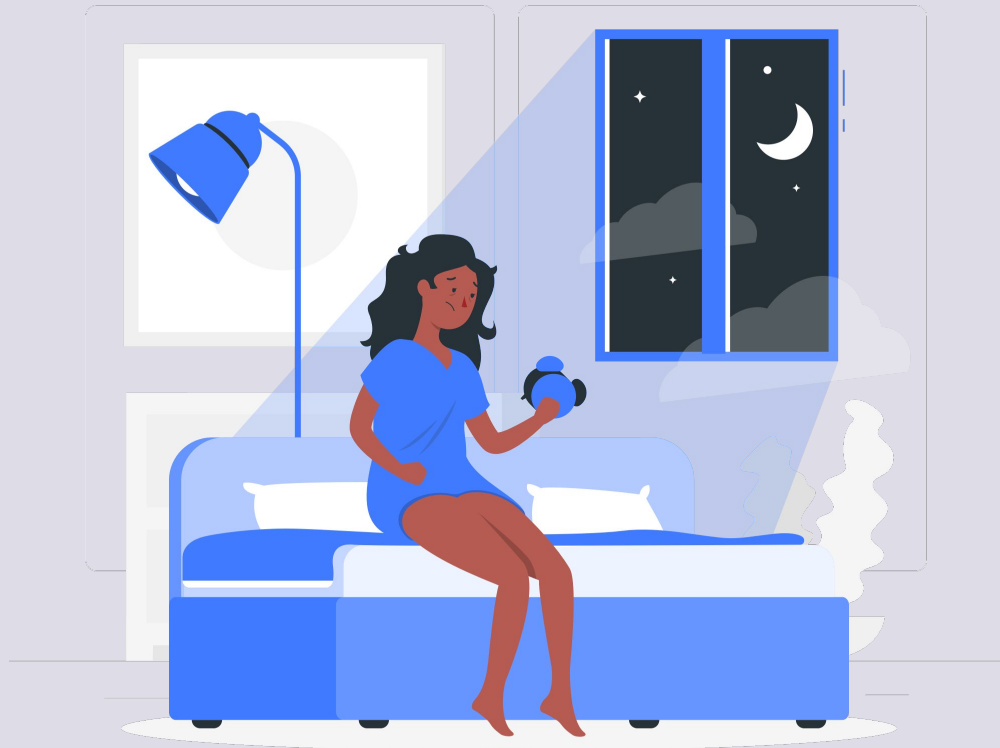
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Sleep

Quality sleep is an opportunity to restore the nervous system. It allows you to significantly improve your intellectual abilities, ensure productivity and good mood throughout the next day.



What does regular sleep disturbance lead to?



From chronic lack of sleep, a person quickly gets tired, loses the ability to concentrate on the task at hand.

Gradually, stress develops into depression, which leads to obesity, diabetes, and stimulates the appearance of suicidal thoughts.

Sleep standards by age



Preschool age (3-6 years) – from 10 to 13 hours

Students (6-13 years) – 9-11 hours



Teenagers (14-17 years) – 8-10 hours

Young people (18-25 years old) and adults (25-64 years old) – from 7 to 9 hours



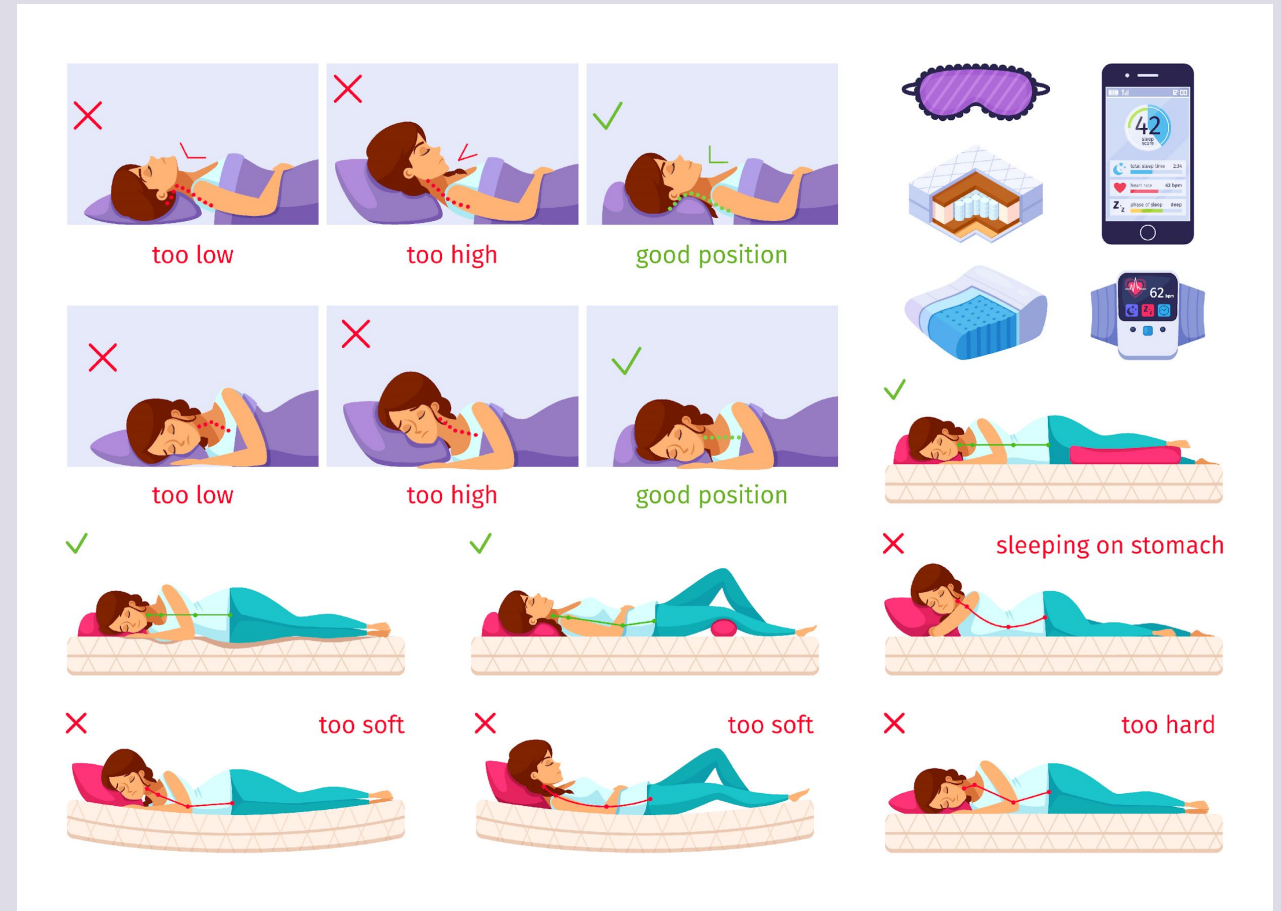
Elderly people (65 years and older) – 7-8 hours

Correct sleeping positions

How you feel during sleep and its quality is affected by the position in which you sleep.

The most correct doctors consider the pose on the back.

The position on the stomach is probably the most harmful.



What is the secret to a good and healthy sleep?



Observe the sleep mode

- Regularity
- Go to sleep and wake up at the same time
- If you feel drowsy try to cheer up

Sleep and wake periods

- Night sleep is preferable to daytime sleep
- Sleep in total darkness
- Do not use gadgets before going to bed
- Turn off your phone, TV, and other devices that emit electromagnetic waves
- As the time for sleep approaches, reduce the brightness of the lighting in the room



A healthy atmosphere in the room is the key to a good sleep

- Ventilate the room
- Get rid of possible noise sources
- The room has a comfortable temperature: 18–22°C
- Comfortable bed

Thank you for your attention)