

Sleep

WORKPLACE
TRAINING
& SUPPORT
SERVICE

The Importance of Sleep

Sleep Hygiene

Sleep Problems

The Importance of Sleep

Sleep enables our mind and body to restore balance and repair itself. It is necessary for sustaining good health and wellbeing. During sleep our immune system works to fight off infections and disease, the pituitary gland produces hormones which help repair tissue, and our mind is working to process, organise and store our daily memories and experiences.

Sleep needs vary from person to person and in accordance with our age. On average, an adult needs between 7-9 hrs. Individuals who sleep less than 7 hrs are likely depriving themselves of adequate sleep. You are having good quality sleep when you wake up feeling refreshed, alert and energized.

Sleep Hygiene

Sleep hygiene is a term used to describe good sleeping habits. If you are having difficulties sleeping, it's important to implement the tips below.



Sleep Problems

Factors such as lifestyle commitments, stress and physical condition can affect sleep. There are treatments for sleep disorders ranging from cognitive/behavioural therapies, medication or a combination of the two.

If you feel that you may have a sleep disorder it is vital that you contact your health professional for an assessment and treatment.

“ Supporting
Workplace
Mental Health
and Wellbeing ”



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