WORLD SLEEP DAY ACTIVITIES-SREE CHITRA TIRUNAL INSTITUTE FOR MEDICAL SCIENCES AND TECHNOLOGY,TRIVANDRUM-11,INDIA

Comprehensive Centre for Sleep disorders, Department of Neurology,Division of Sleep research, Biomedical Technology Wing and Nursing Division, Sree Chitra Tirunal Institute for Medical Sciences and Technology, Trivandrum celebrated World Sleep day on March 17,2023 with a public interactive program at Auditorium -2 of the hospital. The program was presided by the Director of the Institute Dr Sanjay Behari, who spoke in length about the significance of third Friday of March in relation to the ancient wisdom and Astronomy-the auspicious day of spring equinox, when day and night are of exactly same length, which marks the auspicious beginning of spring across the country and the world shifts from the slumber of winter to the bright colours and vibrancy of spring. He spoke on the recent advances in understanding of sleep and need for more research on the subject in our scenario.

Dr Kamalesh K Gulia, Scientist of the Division of Sleep research with special research interest in neurodevelopmental outcome and autonomic nervous system maturation in association with sleep in pregnancy spoke about the importance of World sleep day in the current times, with increasing use of gadgets, sleep deprivation and stressful lifestyle.

A poster competition on the theme “Sleep is essential for Health” was held for the staff and students of the Institute and the prizes were distributed on the ceremony along with display of the posters in the patient waiting areas. Dr Kamalesh K Gulia ,Scientist who had authored a book on healthy sleep for children released a copy on the occasion. Mrs Nirmala M O ,Nursing Superintendent felicitated the function. It was followed by a series of health talks covering different aspects of sleep-sleep and brain health by Dr Sapna Erat Sreedharan, Sleep as a public health problem by Dr Raviprasad Varma and Sleep and cardiac health by Dr Narayanan Namboodiri.

One of the patients of the Sleep clinic Mr Davis spoke about his long journey with obstructive sleep apnea ,how it affected his night sleep and risk factor control and how it was managed .This was followed by distribution of 2 CPAP machines to our needy patients donated by a patient, who was diagnosed with OSA and had benefitted from CPAP therapy.

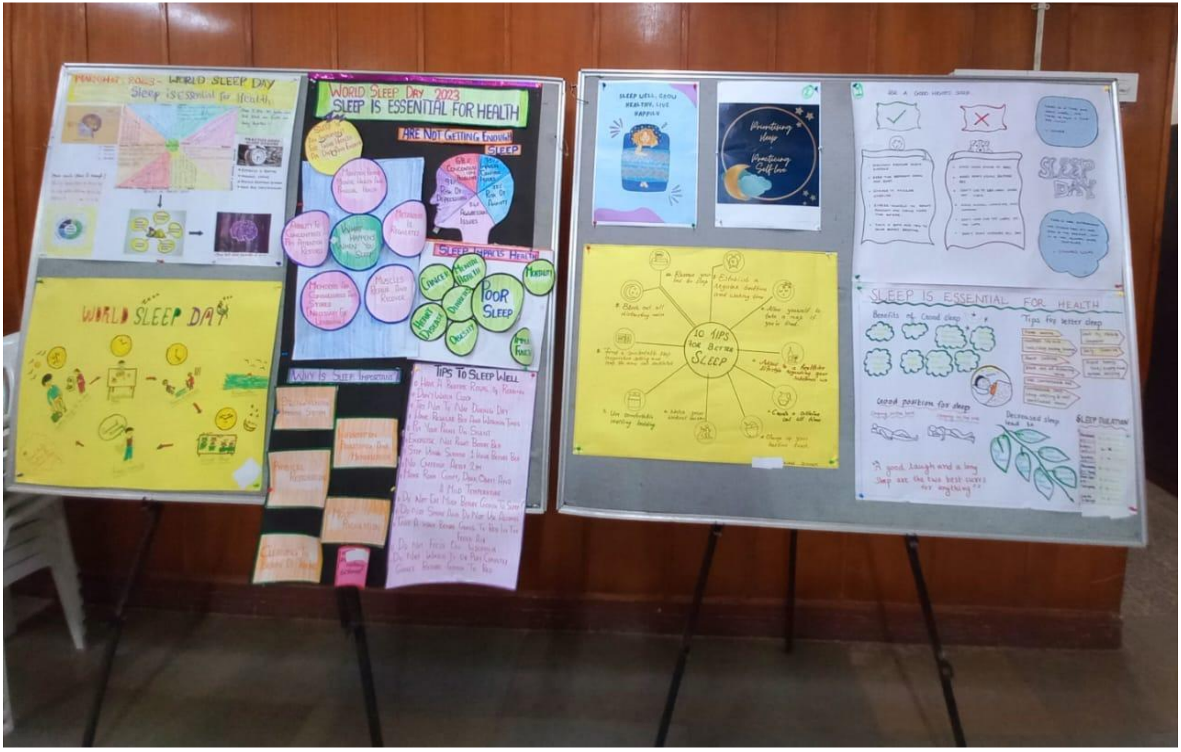
The program was attended by over 60 people, which included patients, their caregivers, staff and students of Sree Chitra Tirunal Institute for Medical Sciences and Technology and concluded with a dance-skit performance by Cardiac and Neuronursing students of the Institute on the theme of World Sleep day.

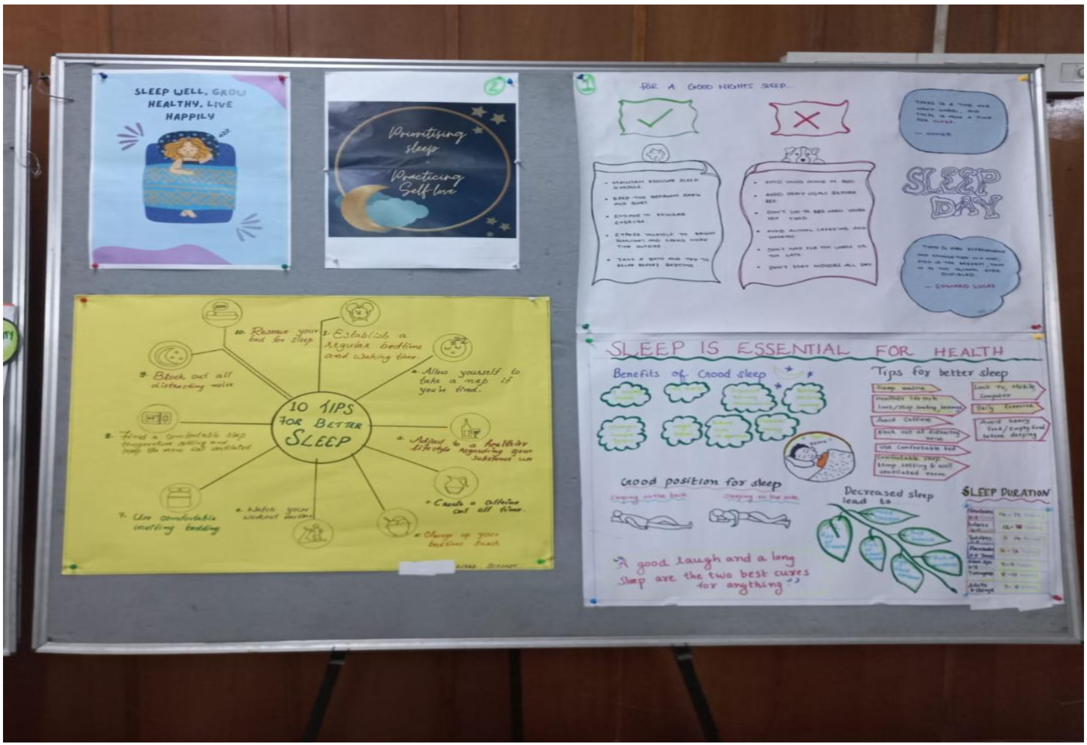
Sleep Wisdom for Children as Nature's Symphony

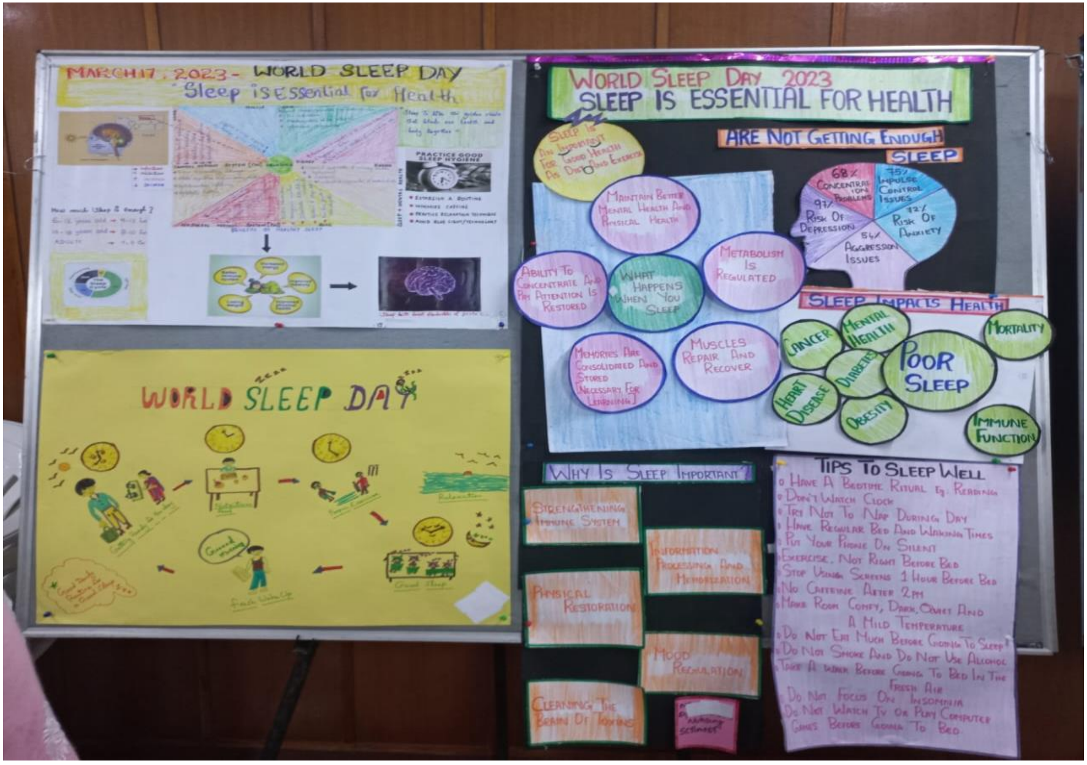
SCTIMST

WSL-2500R

World Sleep Day
March 17 2023
Organized by
Comprehensive Centre for Sleep Disorders,Department of Neurology,
Division of Sleep Research and Nursing Services,
Sree Chitra Ti
Institute for Medical Sciences and Technology,
Trivandrum-11


WORLD SLEEP DAY
Sleep is essential for Health
WORLD SLEEP DAY 2023
SLEEP IS ESSENTIAL FOR HEALTH
ARE NOT GETTING ENOUGH SLEEP
SLEEP IMPACTS HEALTH
POOR SLEEP
WORLD SLEEP DAY
WHY IS SLEEP IMPORTANT
TIPS TO SLEEP WELL
SLEEP WELL, GROW HEALTHY, LIVE HAPPILY
Prioritizing sleep
Prioritizing self love
10 TIPS for Better SLEEP
SLEEP DAY
SLEEP IS ESSENTIAL FOR HEALTH
Benefits of Good sleep
Tips for better sleep
Good position for sleep
SLEEP DURATION
"A good laugh and a long sleep are the two best cures for anything"


SLEEP WELL, GROW HEALTHY, LIVE HAPPILY
Prioritising sleep
Practicing Self-love
FOR A GOOD NIGHTS SLEEP
SLEEP DAY
— EDWARD LUCAS
10 TIPS FOR BETTER SLEEP
1. Establish a regular bedtime and waking time.
2. Allow yourself to take a nap if you're tired.
10. Reserve your bed for sleep
9. Block out all distracting noise
7. Use comfortable inviting bedding
6. Watch your workout routine
SLEEP IS ESSENTIAL FOR HEALTH
Benefits of Good sleep
Tips for better sleep
Avoid Caffeine
Use Comfortable bed
Daily Exercise
Avoid heavy food / Empty food before sleeping
Good position for sleep
Sleeping on the back
Sleeping on the side
Decreased sleep lead to
SLEEP DURATION
"A good laugh and a long sleep are the two best cures for anything"


MARCH 17, 2023 - WORLD SLEEP DAY
"Sleep is Essential for Health
PRACTICE GOOD SLEEP HYGIENE
How much Sleep is enough?
WORLD SLEEP DAY
WORLD SLEEP DAY 2023
SLEEP IS ESSENTIAL FOR HEALTH
SLEEP IS AN IMPORTANT FOR GOOD HEALTH AS DIET AND EXERCISE
ARE NOT GETTING ENOUGH SLEEP
68% CONCENTRATION PROBLEMS
75% IMPULSE CONTROL ISSUES
97% RISK OF DEPRESSION
72% RISK OF ANXIETY
54% AGGRESSION ISSUES
MAINTAIN BETTER MENTAL HEALTH AND PHYSICAL HEALTH
METABOLISM IS REGULATED
ABILITY TO CONCENTRATE AND PAY ATTENTION IS RESTORED
WHAT HAPPENS WHEN YOU SLEEP
MEMORIES ARE CONSOLIDATED AND STORED [NECESSARY FOR LEARNING]
MUSCLES REPAIR AND RECOVER
SLEEP IMPACTS HEALTH
CANCER
MENTAL HEALTH
MORTALITY
POOR SLEEP
DIABETES
HEART DISEASE
OBESITY
IMMUNE FUNCTION
WHY IS SLEEP IMPORTANT?
STRENGTHENING IMMUNE SYSTEM
INFORMATION PROCESSING AND MEMORIZATION
PHYSICAL RESTORATION
MOOD REGULATION
CLEANSING THE BRAIN OF TOXINS
TIPS TO SLEEP WELL
○ HAVE A BEDTIME RITUAL EG: READING
○ DON'T WATCH CLOCK
○ TRY NOT TO NAP DURING DAY
○ HAVE REGULAR BED AND WAKING TIMES
○ PUT YOUR PHONE ON SILENT
○ EXERCISE, NOT RIGHT BEFORE BED
○ STOP USING SCREENS 1 HOUR BEFORE BED
○ NO CAFFEINE AFTER 2PM
○ MAKE ROOM COMFY, DARK, QUIET AND A MILD TEMPERATURE
○ DO NOT EAT MUCH BEFORE GOING TO SLEEP
○ DO NOT SMOKE AND DO NOT USE ALCOHOL
○ TAKE A WALK BEFORE GOING TO BED IN THE FRESH AIR
○ DO NOT FOCUS ON INSOMNIA
○ DO NOT WATCH TV OR PLAY COMPUTER GAMES BEFORE GOING TO BED