

Sleep Well Programme



A Patient's Guide

PART 1

Why Sleep Matters for your Health

Sleep: The Foundation of your Health

Sleep is not a luxury—it is essential for your body to repair and stay healthy.

Why sleep matters:

- ☺ Helps your heart and blood pressure
- ☺ Keeps your blood sugar stable
- ☺ Supports your kidneys and immune system
- ☺ Improves your memory, mood, and energy

Many people are not sleeping well:

- ☺ Most feel tired during the day
- ☺ Many don't realise sleep affects long-term health

How much sleep do you need?

- ☺ Most adults need seven–eight hours per night

Poor sleep can lead to:

- ☺ High blood pressure
- ☺ Diabetes
- ☺ Heart disease
- ☺ Memory problems
- ☺ Low mood

Take home message

Improving your sleep is one of the most powerful ways to improve your overall health.

