

What habits promote a good night's sleep?

- Pay attention to your sleeping habits and try to determine the amount of sleep your body needs in order to feel rested.
- Try to go to sleep at the same time each night and get up at the same time each morning. So fix your sleeping and waking times.
- Avoid caffeine (coffee, tea, coke...), nicotine (cigarettes) and alcohol before going to sleep as these are stimulants which can keep you from falling asleep.
- Going to sleep without eating anything causes trouble in sleeping. Try not to do it!
- Eating food containing too much carbohydrates and protein can keep you from getting to sleep. So, light meals and natural tea should be preferred.
- Have a bath in order to relax before going to bed.
- Get regular exercise during the day.

'Sleeping' is important for both your physical and psychological health. Take it seriously and if you have difficulties in sleeping, ask for professional help from the psychologists at EMU-PDRAM.

I can't wake up!!! Why??



I feel tired!

How much sleep do I need?

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P D R A M 1997

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Sleeping is one of the vital needs of human life. Just as it is impossible to live without eating or drinking, it is impossible to live without sleeping.

What kind of a process is sleeping?

Sleeping shouldn't be regarded as a break given while being awake. Today, it is accepted that sleeping is an active process and a biorhythm, with its unique structure and purpose.

What is the role of sleeping in human metabolism?

Human beings spend approximately 1/3 of their life sleeping. Sleeping has an active role in the development of organism, memory and learning processes as well as in resting, maturing and cell repair.

How much sleep does an adult need every day?

The period of sleeping differs from person to person as a result of the genetic factors.

It is known that this period changes between 4-11 hours and in adults, it is an average of 8 hours.



What is Insomnia?

Insomnia is a subjective phenomenon. The amount of sleep a person needs varies. If a person sleeps less than he or she needs in order to feel rested and relaxed, then we can say he or she suffers from insomnia.

What are the signs of Insomnia?

- Some people have difficulty in falling asleep.
- Some people can easily fall asleep but they can easily wake up with a little noise and have difficulty in getting back to sleep again.
- Some people wake up too early in the morning and have difficulty in getting back to sleep again.
- Some people have no problems in sleeping but they still feel tired after waking up.
- Some people complain about never falling asleep.

Can Insomnia be identified according to how long it lasts?

- Yes. Insomnia can vary depending on how long it lasts and how often it occurs. A couple of troubled nights in sleeping is called *temporary insomnia*, sleep troubles occurring between 1 to 4 weeks are called *short-term insomnia* and sleep troubles which last for months are called *long-term (chronic) insomnia*.
- The causes of the temporary and the short-term insomnia are similar. The environmental factors, significant life stresses and illnesses are all causes of these two kinds of insomnia. When those causes disappear, insomnia also disappears.
- Long-term (chronic) insomnia can be caused by psychological, psychiatric, and organic reasons and it often occurs along with other health problems. It must be evaluated and treated by a professional.

What can be the results of Insomnia?

- Insomnia can result in fatigue and anger, hurting people, a decrease in the physical, cognitive and emotional performance, memory disorder and loss of concentration, headache, irritation in the eyes and blurred sight.