



## World Health Day 11 April 2018

Most of us know to be healthy we need to:

- eat a healthy, balanced diet
- exercise our bodies regularly to the point of breathlessness
- be socially connected
- exercise our brains
- have a sense of purpose
- avoid taking mind altering drugs, including alcohol
- have vaccinations and regular health checks

These are just some of the things which ensure we remain healthy for as long as possible. However many people don't understand the the significance of sleep to their health and wellbeing. Since Edison patented the electric light bulb in 1879, we in the western world, have become increasingly sleep deprived. In 1910 the average adult got 8¼ hours sleep a night, when today, we get an average of 6¾ hours sleep a night.

The links below are our posts on “Why Sleep is Good for children” and “Getting Children to Sleep”. Much of the information in these posts is applicable to adults too.

[http://www.therapyprofessionals.co.nz/uploads/4/9/5/2/49523375/why\\_sleep\\_is\\_good\\_for\\_children.pdf](http://www.therapyprofessionals.co.nz/uploads/4/9/5/2/49523375/why_sleep_is_good_for_children.pdf)

[http://www.therapyprofessionals.co.nz/uploads/4/9/5/2/49523375/getting\\_children\\_to\\_sleep\\_.pdf](http://www.therapyprofessionals.co.nz/uploads/4/9/5/2/49523375/getting_children_to_sleep_.pdf)

### Sleep well, be well!

Our Physio, Speech Language, Music and Occupational Therapists and Dietitians are experienced in working with people of all ages with disabilities. If you know of people struggling to manage we may be able to help by giving some strategies to improve everyone's lives.

**Just contact us, we can help.**

**Phone:** 03 377 5280

**Email:** admin@tpl.nz

