

Are you sleeping as well as you think?



Having a great night's sleep not only makes you feel good in the morning, but it also can mean you look good with brighter skin and more energy!



With World Sleep Day being on the 18th March 2022, now is a great time to learn the

importance of sleep and how alcohol can potentially be disrupting your precious sleep hours.

Getting enough sleep can be the difference between feeling refreshed and ready to take on the day ahead versus you feeling tired and struggling to concentrate.

Tips for a good night's sleep

- Avoid drinking alcohol too close to bedtime. On average it takes an hour to process one unit, although it can vary widely from person to person. Give your body time to process the alcohol you've drunk
- Make sure your bedroom is cool and uncluttered, and your bed is comfortable
- Make a list of things to be tackled the next day before you go to bed, so they're not swimming around in your head



How much sleep do we need?



On average, an adult (aged 18-60) needs **7 or more hours sleep per night** to wake up feeling refreshed, although it can differ from person to person.

Did you know?

Giraffes only need **1.9 hours of sleep** a day, whereas a squirrel needs **14.9 hours of sleep a day!**⁽¹⁾

drinkaware at work

You might find alcohol helps you fall asleep – however drinking alcohol before bed can equal a disturbed night's sleep, in fact drinking just 2 alcoholic drinks can affect the quality of your sleep.⁽²⁾

A heavy drinking session of more than 6 units can make you spend more time in deep sleep and less time in the Rapid Eye Movement (REM) stage of sleep. Without REM, we can feel tired the next day – no matter how long we stay in bed.



Drink Free Days

Having alcohol-free days can help. You should be sleeping better and find it easier to wake up in the morning.

Things that can improve from a good night's sleep:



Mood:
Feeling happier throughout the day



Memory:
Such as remembering facts, events and even names!



Physical health:
Repairing bones and muscles



Creativity:
Sleep helps the brain to make connections and solve problems!

Find out how many units are in your drinks with our [unit and calorie calculator](#)