

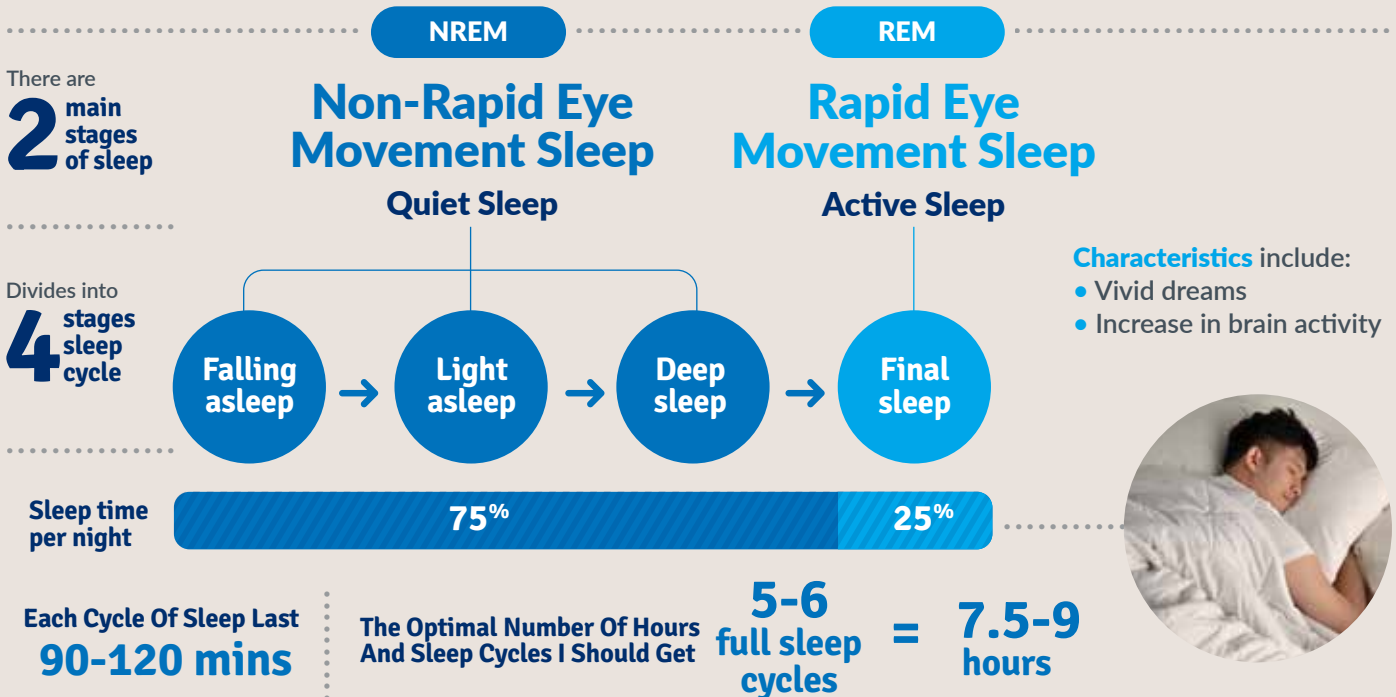
10 THINGS YOU NEVER KNEW ABOUT SLEEP

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Circadian Rhythm

is an internal, biological clock that regulates our sleep-wake cycle



It's possible to still be tired after a good night's rest because you **didn't spend enough time in the deep sleep phase.**



The majority of your dreams occur in REM sleep.



Sleep Hygiene Tips



Don't use electronic devices before sleep.



Unwind before bed with relaxing activities.



Get 30 minutes of vigorous exercise in the day.



Avoid smoking or drinking alcohol.



Get enough sunlight in the day.