

# World Sleep Day

## 16 March 2018

## Join the Sleep World...

### Preserve your rhythms to enjoy life

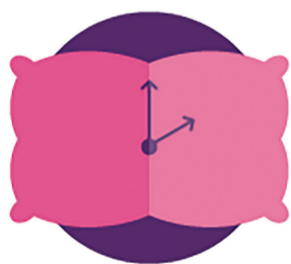
### Are you in tune with your body's rhythms?

Sleep is one of the three pillars of health, along with diet and exercise.

Adults should have between 7-9 hours of sleep each night, however 40% of Australian adults still get inadequate sleep.



We have an internal body clock, known as a circadian rhythm, which influences sleep and other bodily functions like body temperature, hormone levels and metabolism.



Time invested in getting enough sleep can have long term health benefits. If work affects the time you can sleep, try to ensure a dark, cool and quiet sleep environment.



Giving our bodies time to wind down in the evening—away from phone and TV screens—can help us get to sleep at a time that suits our rhythm.

### Important Things to Know About the Body Clock

- Your body has an internal clock that makes you feel sleepy at night and awake during the day.
- Even though there are 24 hours in a day, this clock is actually on a slightly longer cycle (24.1 hours).
- Being exposed to sunlight adjusts the clock so that it stays aligned with day and night.
- This clock is controlled by a part of the brain known as the suprachiasmatic nucleus (SCN).
- When this clock tells your body to sleep, a hormone known as melatonin is involved.