

Good Sleep

Here are six dimensions of healthy sleep which promote psychological well-being.



- R** **Regularity** - Go to sleep at the same time and wake up at the same time every day.
- E** **Energy** - Be able to stay focused at work without being tired and sleepy throughout the day and evening.
- S** **Satisfaction** - Get good, restful and quality sleep each day.
- T** **Timing** - Sleep during times that allow the best balance of work, personal time and rest.
- E** **Efficiency** - Ability to sleep for a large percentage of the time in bed. This involves falling asleep at night quickly and returning to sleep if you wake up.
- D** **Duration** - The total amount of sleep you got during the past 24 hour period. More sleep is better.



“Sleep is that golden chain that ties our health and bodies together.” - Thomas Dekker

