



A Newsletter from

Embassy of India, Paramaribo

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## SLEEP: THE PILLAR OF LIFE

Sleep is a natural behavioural state of every individual's life. We spend about an average of one-fourth of our day asleep. This is an essential, required activity and not an option. Though the exact functions of sleep remain a mystery, sleep is important for normal physical & mental functions. After having a good sleep we recognize changes that have occurred, as we feel refreshed & more alert.

According to Ayurveda (Ancient Indian System of Medicine) sleep is one amongst the three survival factors known as 'Triupastambha' (Tri – Three, Upastambha- Sub pillars or three



survival factors of life).

When normal sleep cycle is changed or reversed many problems may arise like sleepiness, difficulty in concentration, memory lapses, and lack of energy, fatigue, lethargy, and emotional instability. The prevalence of the problem of sleepiness is high and has serious consequences, such as drowsy driving or workplace accidents and errors.

Our internal 24-hour sleep-wake cycle, otherwise known as biological clock or circadian rhythm, is regulated by processes in the brain that responds, how long we have been awake and the changes between light and dark. At night, our body produces a hormone; **Melatonin**, that makes us sleepy. During the day, sunlight triggers the brain to inhibit melatonin production thus we feel awake and alert.

There are more than 70 known sleep disorders; the most common are **obstructive sleep apnoea, insomnia, narcolepsy** etc. Many people suffering from these sleep disorders are sometimes not aware even.

### Tips for good sleep

1. Exercise daily
2. Yogasna and Pranayama (breathing exercises) practice produce excellent results, especially Anuloma- Viloma and Bhramari Pranayama.
3. Meditation practice helps to improve sleep quality
4. Try to keep regular timings of sleep, six to eight hours are average good time to sleep in day
5. Avoid late night working on Computer
6. Take a shower before going to bed
7. Rub your palms and feet with Coconut / Mustard oil / Olive oil before going to bed
8. Mix equal quantity of Lime juice and Mustard oil and rub at the sole of both the feet, this helps to relieve insomnia

### Future Events

Monthly workshop is scheduled for 10<sup>th</sup> December 2014 (Wednesday) on '**Yoga for Women / Menstrual Problems**', at 5:00 – 07:30 pm in ICC hall. (Please bring your yoga mat with you)

OPEN TO ALL

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