

**NEW REST SPACE COMING TO YOUR DEPOT**



# What Happens When You Sleep

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We all know sleep is important but what actually happens to make you sleep? This is important to understand when thinking about improving your sleep health.

Two things help you fall asleep; sleep pressure and your circadian rhythm (body clock).

To get a good nights rest, you need adequate sleep pressure. Sleep pressure is an unconscious, biological response that makes you sleepy. Without sleep pressure, it's difficult to settle easily or sleep for long. So, what creates sleep pressure? Here's some of the features below:

## Help us understand your fatigue challenges:

Over the next few months, we'll be sharing useful information on how to manage your fatigue and health through sleep.

Help us understand the challenges that you face - fill out this quick survey so that we can tailor our services to your needs.

**CLICK HERE**

# Hormones for Sleep Pressure:

## Melatonin

Melatonin is a natural hormone which increases during darkness. Light causes production to stop. Melatonin synchronizes your sleep-wake cycle with night and day. Artificial light in the evening can effect melatonin production.



## Cortisol

Cortisol is a hormone often labelled 'the stress hormone'. It is usually high in the morning and lowest in the evening. Cortisol helps the body wake up. Elevated levels of cortisol at night often caused by factors such as stress can make it difficult to fall asleep.

## Adenosine

Adenosine slows down the neural activity and causes sleepiness. During waking hours, adenosine levels gradually increase and then decrease during sleep. Essentially high levels of adenosine help us sleep. Caffeine stops adenosine from working effectively.



## Internal Body Clock



Your Internal body clock, circadian rhythm, is biological system determining your bodies need for sleep, or sleep pressure. Living against it can make it harder to sleep. Some people are night owls and some are early birds. Exposure to light when you wake up, and little exposure to light in the evening can help us adjust to living against our body clock.

If you're continuously struggling with your sleep - please get in touch with your GP for further advice and information.