

## ULTRA ACCESS

### Wellbeing Advice: Sleep Optimisation Recharging ones Mental and Physical Batteries

Sleep is a fundamental pillar of human health, often likened to nutrition and exercise in its importance.

Scientific evidence consistently supports the recommendation of seven to nine hours nightly for adults, with **eight hours sleep** striking an optimal balance for most.

Mentally; adequate sleep acts as a guardian of cognitive and emotional stability.

In short: optimal sleeping hours is good for ones mental health and recharges ones vitality.

Studies in "**Sleep Medicine**" (scientific sleep research) has revealed that young adults averaging eight hours of sleep exhibit the lowest risk of mental illness, including reduced anxiety and depression.

Physically; **eight hours of sleep** serves as a cornerstone for bodily repair and disease prevention.

The National Heart, Lung, and Blood Institute's research indicates that adults consistently getting seven to eight hours nightly face lower risks of obesity and hypertension, key markers of metabolic health.

In short: with consistent sleep of the **optimal eight hours**, people get sick less often and maintain healthier weights, attributing this to hormonal balance during deep sleep stages. In essence, this duration fortifies the physical being against chronic ailments, enhancing longevity and vitality.

To maximise these benefits, evidence-based methodologies like "**Sleep Hygiene**" provide structured paths to **eight hours of quality rest**, reserving the bed for sleep and intimacy with partners, etc, and creating a comfortable environment by way of dim lighting, comfortable levels of heating, and good room-air circulation.

Ways to help with sleeping cycles include; meditation or deep breathing for relaxation, white noise machines to mask disruptions, and avoiding heavy meals or alcohol / coffee / stimulants, etc pre-bedtime... as well as putting ones mobile device's down to avoid suppressing melatonin production and circadian rhythm (natural functions that affect ones sleeping cycle) from the screen glare... read a good book instead.

Implementing these can elevate sleep efficiency, unlocking full mental, physical, and spiritual rewards, and this all fits in nicely to our previous **ULTRA ACCESS** publication on the "**Wellbeing Triangle**".



Routine and habit forming is the best way to ensure that you get enough sleep per day to maximise your "recharge".

Mobile devices like phones should be put down about an hour before sleep, and lets be honest... that alone single hour without the stress of social media, or work in itself would be a benefit, even witoout the recommended amount of sleep.

**Try to get the recommended 8 hours sleep per day, to bolster your mental and physical wellbeing.**

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