

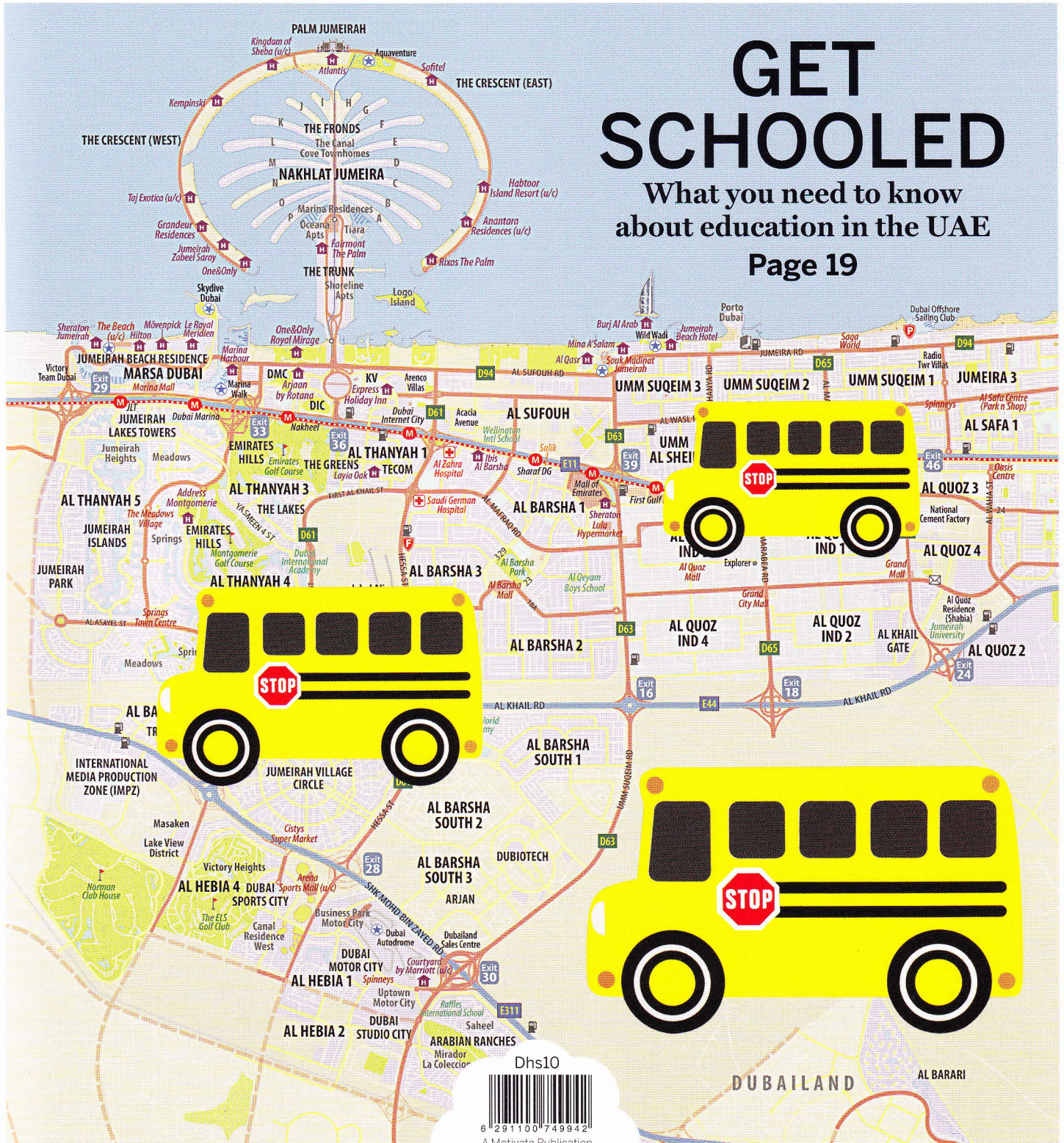
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HOW TO HAVE THE BEST NIGHT'S SLEEP OF YOUR LIFE

Recent figures suggest that around half the population of the UAE suffers from a sleep disorder. And with the debilitating effects of too little sleep ranging from headaches and irritability to obesity and a weakened immune system, there's never been a better time for a solid eight hours

The dangers of too little sleep

The damaging side-effects of sleep disorders make for – excuse the pun – eye-opening reading. “Mental function is highly affected by not sleeping well,” says Dr Khaldoon Mozahem, Neurology Consultant at the American Center For Psychiatry and Neurology in Abu Dhabi.

“Impaired focus, performance and concentration can lead to things such as patients having accidents on the road or at work. At the deeper end, psychological issues could arise such as irritability, nervousness and an inability to properly function in social situations.”

“In the worst case scenario, when long-term insomnia and sleeping disorders are not properly treated, patients can face severe physical problems such as reduced immunity, infection,

weight loss or gain and impaired motor skills,” adds Dr Valeria Risoli, Clinical Psychologist at Dubai Physiotherapy & Family Medicine Clinic.

Lifestyle changes

The UAE's penchant for a late-night lifestyle can have a detrimental effect on your ability to get your recommended eight hours, with experts agreeing that eating, drinking, working, exercising and surfing the internet are all activities that interfere with your sleep patterns.

“Do not try to fall asleep playing Sudoku on your iPad,” cautions Dr Risoli. “This is keeping you awake because of electronic stimulant lights and because you are engaging your mind in mental activities.”

Dr Mozahem presses the importance of routine saying: “Go to bed at the same time every night



