

Editor's Desk



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SLEEP IS SLIPPING FROM OUR DISCIPLINE

Proverbs like Sleep is better than medicine and sleep is the beginning of health is hiding in the rear of our Think-tank. Sleep is a priceless treasure and has to be given its due credit. Sleep is the best meditation. A good laugh and quality sleep are the two best things for many problems. Sleep is a blissful state for an exhausted body and mind. Sleep improves immunity. One way to love your self is to look after sleep hygiene properly. Overabundances, as well as the inadequacy of sleep, are both to be deprecated and the optimum state of quantitative and qualitative sleep is known to be health gainers. Averageness in qualitative sleep defines us having a daily seven to eight hours sleep. Drug addiction, excess screen time, heavy meals, intensive lengthy exercises before sleep, and worries only add to the well-known Obstructive sleep apnoea as causes of sleep disorders. The consequences of sleep deprivation and undisciplined sleep are well established. Disobedient only will acquiesce to the notion of having enough sleep in the grave. Early to bed and early to rise makes a man healthy, wealthy, and wise. Power napping and catnapping may be healthy in certain circles of health providers. We must learn to delete from our mind overthinking, analyzing if and but, why and how during sleep. So in place of medications with potential side effects, non-pharmacological path of Yoga, Meditation, simple exercise, the healthy diet, necessary Lifestyle modification, relaxation techniques, helping others are the tools for good sleep and healthy living.

Enjoy your sleep

Best wishes

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