

Health Bulletin



Sleep is essential for resting and keeping our bodies healthy. Getting good sleep is important for our brain, heart, metabolism, hormones, immunity, and mental health. Research shows that poor sleep can raise the risk of various diseases and may even shorten your lifespan.

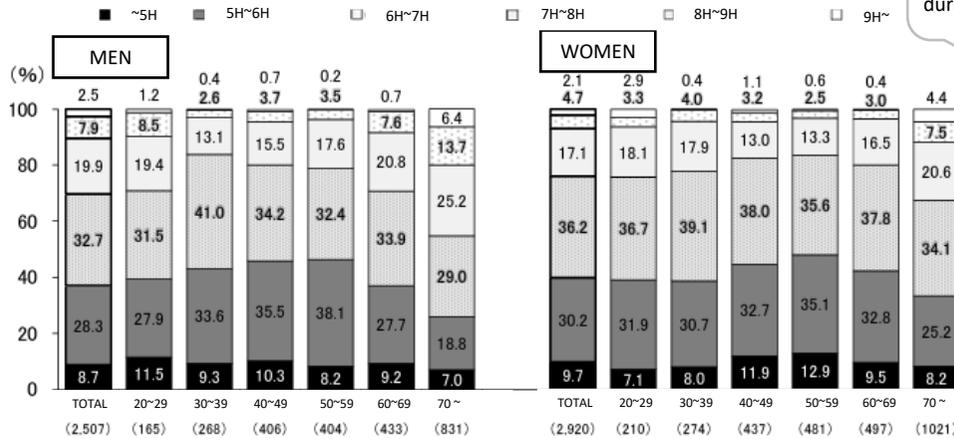
Sleep

Both quantity (duration) and quality (feeling rested) are essential for good sleep. Sleep is the most important form of rest. Sleeping either too much or too little can negatively impact your health, and feeling truly refreshed upon waking in the morning is a reliable indicator of a good night's sleep.

How many hours of sleep do you get a day? Do you feel well-rested?

Average Daily Hours of Sleep (Aged 20+, by Sex and Age Group)

Q.How many hours of sleep did you average over the past month?



Data shows that Japanese people have the shortest sleep duration in the world.



5 PRINCIPLES FOR HEALTHY DAILY LIVING

Principle 1: Ensure Quality & Duration
Get restorative sleep of the right length for your body and mind.

Principle 2: Optimize Your Environment
Adjust light, temperature, and sound for better sleep.

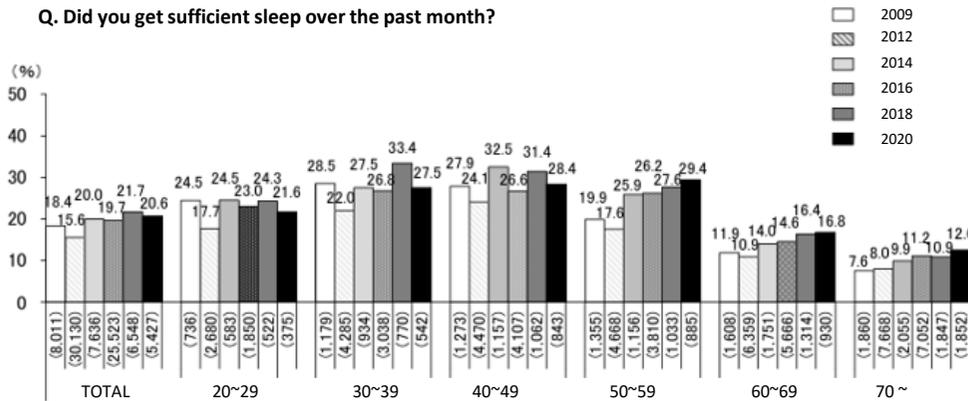
Principle 3: Regulate Your Rhythm
Balance your day with exercise, breakfast, and pre-sleep relaxation.

Principle 4: Watch Your Habits
Be careful with caffeine, alcohol, and tobacco intake.

Principle 5: Seek Professional Help
Consult a specialist if you have trouble sleeping or feel anxious.

Q. Did you get sufficient sleep over the past month?

Source: 2022 National Health and Nutrition Survey



Those not getting enough rest from sleep*: Those who answered "Not really" or "Not at all.

Insufficient Rest: 20.6% of people reported not getting enough rest from sleep over the past month. This trend has been increasing for both sexes since 2009.

Sleep Duration: The most common duration is **6 to less than 7 hours** (Men: 32.7%, Women: 36.2%).

Less than 6 hours: 37.0% for men and 39.9% for women.

By Age Group: The percentage of those sleeping less than 6 hours exceeds **40%** among men in their 30s–50s and women in their 40s–60s.



The more boxes you checked, the more you need to pay attention! Let's improve your sleep habits.

If sleep problems that interfere with your daily life persist even after getting enough sleep, please consult a specialist. There may be an underlying medical condition that requires treatment.

Your Quick Sleep Health Checklist

Principle 1

- I do not get enough sleep.
- I do not feel rested when I wake up in the morning.
- I feel excessive sleepiness during the day.

Principle 2

- My bedroom environment is uncomfortable (too cold/hot,)
- I use digital devices before bed or while in bed.

Principle 2

- My bedroom environment is uncomfortable (too cold, hot, noisy, or bright).
- I use digital devices before bed or while in bed.

Principle 4

- I often consume caffeine in the evening or later.
- I have a habit of smoking or drinking alcohol before sleep.

Principle 3

- I get little physical activity during the day.
- My meal times are irregular.

Principle 5

- My sleep problems persist even after improving my sleep environment, lifestyle, and consumption habits.

Let's start with what we can do for better sleep!

- Get at least 6 hours of sleep
- Improve your sleep quality so you wake up feeling rested

For example, establishing a clear rhythm between being awake and asleep —such as getting plenty of exercise during the day and resting in a dark, quiet environment at night —helps enhance your feeling of being well-rested. Let's incorporate habits into our daily routines that ensure we get enough sleep and improve our sleep quality.



Key Point: Make sure you get enough good quality sleep every day, keeping in mind that everyone's needs are a little different.

- When you're busy juggling work, family, and hobbies, it's easy to fall into a pattern of chronic sleep deprivation.
- Let's tweak our daily routines to ensure we get enough sleep every single night.
- The habit of sleeping in on weekends to "catch up on sleep" is actually a sign that you aren't getting enough rest during the week

◆ Lack of sleep increases the risk of developing conditions like obesity, metabolic syndrome, cardiovascular diseases (such as high blood pressure, heart attacks, angina, and strokes), and depression. It also lowers your productivity at work. That's why it's so important to adjust our daily habits to avoid falling into chronic sleep deprivation.

◆ Shift work can easily disrupt your body clock, making it difficult to get enough sleep and increasing your health risks. Because of this, let's learn how to minimize these risks by making smart adjustments to how we take naps and manage our light exposure.

BETTER SLEEP HABITS: Morning, Daytime, & Night Guide

MORNING

Try to wake up at the same time every day.

(Avoid staying up late and sleeping in on your days off.)

DAYTIME

Be physically active during the day.

NIGHT

<p>✗ AVOID</p> <ul style="list-style-type: none"> Avoid caffeine, alcohol, and smoking. Avoid using computers, playing video games, or looking at your smartphone. Avoid eating dinner or late-night snacks right before bed. 	<p>✓ DO</p> <ul style="list-style-type: none"> Don't bring your stress to bed. Keep your bedroom as dark as possible and at a comfortable temperature.
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Size: 20cm x 25cm

① SLEEP ENVIRONMENT
(Light, Temperature, Noise)

Avoid using computers, gaming consoles, and smartphones before bed or late at night.

Let's try our best to put these devices away right before going to sleep.

② LIFESTYLE HABITS
(Exercise, Diet, Relaxation)

Practice relaxation so you don't take stress to bed with you.

Let's find ways to let off steam during the day and learn how to unwind before bedtime.

③ INDULGENCES
(Caffeine, Alcohol, Tobacco)

Limit your caffeine, alcohol, and smoking.

The habit of having a "nightcap" to fall asleep actually makes your overall sleep worse.

It's a good idea to review your eating habits as well.

Evening Digital Detox for Better Sleep Quality

THE PROBLEM: Artificial Light at Night

Disrupts Circadian Rhythm

Blue light from screens lowers sleep quality, causes shallow rest.

THE SOLUTION: Small Digital Detox Habits

Keep phone out of bedroom.

Dim lights before sleep.

Significantly improves rest.

THE BOOST: Clear Day/Night Contrast

Plenty of Sunlight during Day

Daytime sun reduces night light impact. Essential for modern living.

Dark Nights for Sleep

If you still do not feel rested despite improving your sleep environment, lifestyle habits, and consumption of stimulants (such as caffeine and alcohol), please consult a doctor. There may be an underlying condition such as insomnia, obstructive sleep apnea, or depression.