

HEY THERE
OMSMAF MEMBER

MORE ZZZZZS,
IF YOU PLEASE

You may already be adding more plant-based foods to every meal (see our previous email if you missed the memo 😊), **but do you ever find yourself reaching for the snack cupboard when you haven't had a good night's sleep? If you didn't already know, the sleep munchies are a real thing, and they could be adding to your wellness woes, along with a whole lot of other sleep-related risks.**

Studies have proven that people who sleep less consume more calories and crave higher calorie foods than those who get the recommended amount of sleep each night, and that's just the tip of the iceberg. Insufficient sleep is associated with increased risk for numerous healthcare concerns, from lowered immunity and concentration to higher blood pressure, diabetes and certain types of cancer. Lack of sleep can also contribute to depression, anxiety and even dementia.

So, just how much sleep is considered enough? Healthcare experts recommend the following:

Adults	Teens	Children and toddlers
7 to 9 hours	8 to 10 hours	10 to 14 hours



CLEAN UP YOUR ACT WITH GOOD SLEEP HYGIENE

Sleep hygiene may sound kind of strange, but it isn't about scrubbing down and sanitising before going to bed - although a soothing bath may help you unwind 😊. Sleep hygiene refers to making concerted efforts to ensure that you consistently get enough quality sleep every night.

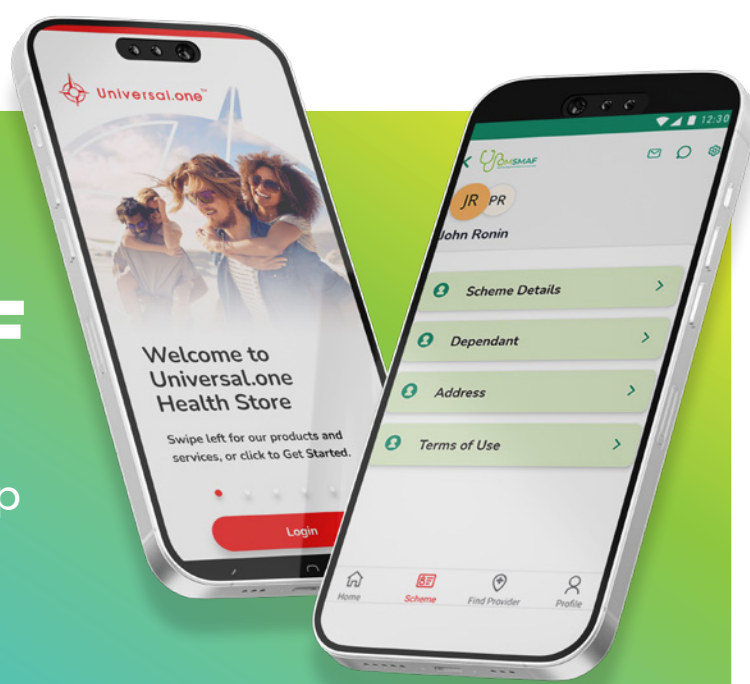
Sleep hygiene covers these essential bases:

- **Creating a sleep sanctuary that encourages uninterrupted sleep**
 - Minimise noise and light, keep room temperature on the cool side, avoid screen time in the bedroom, and ensure your mattress and bedding are comfortable.
- **Following an enjoyable and relaxing bedtime routine**
 - Do some light stretches or deep breathing while listening to calming music, read for pleasure and listen to a soothing podcast - find what works for you to wind down.
- **Healthy daytime habits that help you sleep better at night**
 - Move your body more with daily physical activity, hydrate throughout the day rather than drinking lots of water at night, avoid alcohol and caffeine in the latter part of the day, make dinner a light meal and avoid smoking.
- **Sticking to a consistent sleep schedule every night of the week**
 - Reserve an hour before you want to go to sleep each night for relaxation, implement bedtime rituals that you find enjoyable and follow this same schedule every night. Regular disruption with late nights can impact your overall health.

Good sleep hygiene is essential for your holistic health, that's why we're challenging the entire OMSMAF family to get a better night's sleep from here on out. Your body and your mind will thank you for it.

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Chat soon,
The OMSMAF Team

OMSMAF - Healthcare with heart.



VISION

To be the medical scheme of choice for the Old Mutual Group.



MISSION

To be an affordable medical scheme that guarantees best-of-class member experience, value and quality.