



The Benefits of Getting Enough Sleep



- 1 Good health
- 2 Improved mood
- 3 Increased productivity
- 4 Clearer mind
- 5 Enhanced memory

Mae cwsg yr un mor bwysig i'n hiechyd a'n lles ag y mae bwyta, yfed ac anadlu. Mae'n

arbennig o bwysig ar hyn o bryd. Er enghraifft, efallai bod rhai ohonom yn troi a throsi wrth i ni ei chael hi'n anodd 'dynnu'r plwg' ar y diweddariadau cyson ynghylch y Coronafeirws.

Os ydych chi'n cael trafferth mynd i gysgu, bydd cael trefn reolaidd yn eich cynorthwyo i ymlacio a pharatoi ar gyfer mynd i'r gwely:

Cysgwch ar amseroedd rheolaidd/ymlaciwch, cyn mynd i'r gwely.

Beth am ddefnyddio: Sleep with Me:

www.sleepwithmepodcast.com/Yoga Nidra: [soundcloud.com/user-475677781](https://www.soundcloud.com/user-475677781) neu darllen llyfr neu wrando ar y radio'n ymlacio'r meddwl.

Hefyd mae nifer o apiau sydd wedi'u dylunio i helpu gyda chwsg: pzizz.com/www.calm.com/

Osgoi defnyddio ffonau clyfar, tabledi neu ddyfeisiau electronig eraill am tua awr cyn i chi fynd i'r gwely.

Gwnewch eich ystafell wely'n addas ar gyfer cysgu, ee. dylid cadw'r tymheredd rhwng 18C a 24C a rhowch lenni trwchus yn yr ystafell wely os nad oes gennych chi rai yn barod.

- www.sleepstation.org.uk/articles/sleep-tips/thought-blocking/
- www.sleepstation.org.uk/articles/sleep-tips/shift-work-sleep/
- www.sleepstation.org.uk/articles/sleep-science/free-sleep-guide/
- www.nhs.uk/live-well/sleep-and-tiredness/how-to-get-to-sleep/
- www.bbcgoodfood.com/howto/guide/how-get-good-nights-sleep

Sleep is as important to our health and wellbeing as eating, drinking and breathing. It allows our bodies to repair themselves and our brains to consolidate our memories and process information.

Sleep is particularly important at the moment: For example: Some of us may find ourselves tossing and turning, as we struggle to 'unplug' from the constant scroll of Coronavirus updates.

If you do have difficulty falling asleep, a regular bedtime routine will help you wind down and prepare for bed: Sleep at regular times and make sure you wind down and relax. Why not try: Sleep with Me:

www.sleepwithmepodcast.com Yoga Nidra: [soundcloud.com/user-475677781](https://www.soundcloud.com/user-475677781)

There are a number of apps designed to help with sleep: pzizz.com/www.calm.com

Avoid using smartphones, tablets or other electronic devices for an hour or so before you go to bed as the light from the screen on these devices may have a negative effect on sleep.

Make your bedroom sleep-friendly. our bedroom ideally needs to be dark, quiet, tidy and be kept at a temperature of between 18C and 24C and fit some thick curtains if you do not have any.

Cwsg/Sleep

6 Rheswm i roi'ch ffôn heibio

gan @Inner_Drive
www.innerdrive.co.uk

Mae'n gostwng eich lefel canolbwytio

Profwyd bod cael eich ffôn wrth law pan rydych yn cwblhau gwaith cartref neu'n adolygu yn gostwng eich perfformiad 20%.

Mae'n gwyrto'ch gafael ar realiti

Does neb mor hapus ag y maent yn ymddangos ar 'Facebook' nag mor ddoeth ag y maent ar Drydar.

Mae'n cynyddu OCM

Mae Ofn Colli Ma's (OCM) neu'r angen cryf iawn i wybod beth mae eraill yn ei wneud yn arwain at hwyliau drwg a gor-bryder cynyddol.

Mae'n cwtdogi'r cof

Mae negeseuon cyflwm yn tynnu sylw, sy'n aml yn arwain at anghofrwydd.

Mae'n cynyddu strean a gor-bryder

Mae gorddefnydd o ffonau symudol yn arwain at bryder cynyddol, teimladau o unigrwydd a hunan-barch isel. Mae dibyniaeth ar ffonau symudol yn achosi i chi fod yn fyr eich amynedd, yn rhwystredig ac yn hawdd eich cythruddo.

Mae'n arwain at gysgu gwael

Mae defnydd hirfaith o ffôn symudol yn amharu ar eich cwsg- o ran hyd ac ansawdd. Mae'r golau cefndirol ar eich ffôn yn effeithio ar ryddhau Melatonin, hormon sy'n bwysig ar gyfer cwsg.

To be as healthy as possible, children need adequate night time sleep: But... 1 in 4 children are NOT getting enough sleep.

Let's talk about sleep quality, shall we?

1 in 3 children have trouble going to sleep or staying asleep. 1 in 5 children have difficulty staying awake during waking hours. 1 in 10 children do not find their sleep refreshing.

Over time, insufficient sleep impacts how a child feels, behaves and interacts? Children who get less than adequate sleep report:

- Physical health,
- Emotional well-being, and
- Quality of life!

Catching more Zzz's can help with children's:

GOOD SLEEP. PART OF A HEALTHY LIFESTYLE.

