

## Sleep Away the Winter Blues



### Feeling like you need more sleep in Winter? Here is why.....

In the winter months when it is cold and darker in the mornings, you will find you won't want to get out of bed and sleeping longer in the mornings will come quite easily. There is a reason for that, it is not because you are simply tired or lazy, but it has a lot to do with your body clock and inner workings.

Your body goes through a bit of a self check every morning, sending signals to perform certain functions. So when the sun streams through your window of a morning, it will wake you up, even when you cover your head you will find it extremely difficult to get back to sleep. Your body clock is set for when the sun rises you wake and when the sun goes down you sleep. It is all part of the circadian rhythm.

When the sun goes down and darkness falls and there is very little action or noise around you, your body gets ready for rest and starts to wind down, this is so cells can rejuvenate and recharge. Your body automatically triggers your emotions and tells you that you are tired. This becomes a regular pattern (wake at sunrise, rest at night fall). In some locations there are shorter days and longer nights in Winter so will automatically sleep more.

So what inner workings are we talking about? The science behind all of this

involves Serotonin and Melatonin levels, two neurotransmitters in the brain. Melatonin is produced while you sleep, for example; when you have a power nap or sleep in longer in the morning, you will feel more tired than you did before or will not wake feeling energised. During Summer and Spring, we have more energy and we have higher Serotonin levels. Serotonin is also responsible for our moods and can be increased by Vitamin D, which is obtained from sunlight. When sunlight is shortened, our energy levels fall due to less Vitamin D to produce higher Serotonin levels, therefore you feel tired more often.

So, as you can see being tired more in winter is actually quite normal, so you will just have to rely on a good night's sleep to help rejuvenate your body and use your will power to get up and active of a morning, even in the cold dark winter mornings. When you spend over one third of your life in bed, that's approximately 2900 hours, based on 8 hours per night, it is important for you to not only get the right support from your mattress but get the best night's sleep you deserve.

