No good night's sleep with alcohol

It may help you nod off but the sleep you get after drinking alcohol is not a good one, according to consumer health website, www.itsmyhealth.com.au.A recent study shows that even a small amount of alcohol before bed can interfere with the restorative sleep phase, when your body does it's recovering from the previous day. The researchers found that even a single dose of alcohol interfered with sleep patterns, leading to insomnia and other negative health effects. "Many alcoholics and habitual drinkers suffer from insomnia," they said. Insomnia includes difficultly getting to sleep, early-morning awakening, lack of a sense of deep sleep, and difficulty maintaining sleep. "It is generally believed that having a nightcap may aid sleep, especially sleep initiation," they said, but alcohol intake can interfere with sleep quality and the restorative role of sleep. The full article is available at http://www.itsmyhealth.com.au/healthy-living/general-health/alcohol-interferes-with-sleep-s-restorative-role.

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