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BETTER SLEEP FOR BETTER PHYSICAL AND MENTAL HEALTH

Dr. Andri was invited to join the “World Sleep Day” events in Jakarta and Medan, Indonesia. On the event, he shared his insight on the importance of having a better sleep. He said, sleep is really needed by humans and in sleep has several sleep phases even though some people think sleep is a mystery. But the most important thing is sleep needs to be improved.

Exercise also encourages good sleep, but it is recommended not to do it at night. Some people do exercise at night because they don't have time to do it in the morning. If we want to take a nap it's only 10 - 20 minutes and not more than that, especially more than 1 hour because if more than 1 hour we will go into a deep sleep phase and when we wake up from sleep we will feel drowsy like a confused disoriented person, and if we need to do activities we should not need to take a nap. It is best to take a nap in the time span between 1 am to 4 pm.

If our bodies are fit, exercise is good, maintain our diet but lack of sleep it will be in vain. We will not get health benefits from lack of sleep. Lack of sleep can also result in an increased risk of stroke and diabetes. The effect of sleep on health also affects the heart, body immunity, mental health and stomach. It must be noted that there is a connection with microbiota in the digestive tract, which is a good germ in our stomach which is related to immunity,

an autoimmune problem where it is influenced by sleep. If sleep quality is good, metabolism in the digestive tract related to neurotransmitters in the brain will also improve.

In our body there is a substance called Serotonin which is a substance that produces feelings of happiness and pleasure, most is produced in the stomach by almost 80%. This is also associated with immunity and good sleep.

In the case of mental health, lack of sleep initially only causes fatigue and lack of energy. But the longer fatigue can lead to difficulty adapting in everyday life.

In Indonesia, there are 28 million people experience insomnia. If we face the problem of lack of sleep then that is the entrance to experiencing more severe mental disorders such as depression and anxiety, and this needs to be considered because treating sleep disorders is not as easy as we think.

Remember that sleep is actually a natural thing that we can achieve, but often with problems that are around us can cause sleep problems. If we want to be physically and mentally healthy, we should maintain a good quality of sleep.