

Immunity boosters at home

Sleep

Research has shown that there is a direct link between sleep and the immune system. Parts of our immune system helps to control our sleep and the sleep we get directly impacts how well our immune system functions.

The UCLA Cousins Centre Research team found that even a small amount of sleep loss can trigger an immune system response in the body that increases inflammation that can cause tissue damage. These findings help us to further understand the link between sleep problems and increased risk for diseases such as diabetes, arthritis, heart disease, obesity and specific cancers.

You do not require dedicating additional time to sleep. But we do need to ensure we are getting the sleep we need. Adults generally need seven to eight hours of sleep a night and children and teens need more ranging from nine

to 11 hours. Be careful not to overdo it either as too much sleep is not good for us either. Adults who routinely sleep more than 10 hours a night may be at a higher risk for some diseases and medical conditions.

Along with healthy eating habits and regular exercise, getting a good night's sleep keeps us alert, active, and in good health during cold and flu season and all year long.

By Carolyn B. Atangaza

