



Health and Wellbeing UK

www.healthandwellbeinguk.com

Five areas of wellbeing top tips-

The Smoking Ban

Physical

Over 25% of Brits over the age of 16 are smokers, however with the new smoking ban here it seems like the perfect opportunity to quit. Find out how at www.quit.org.uk. Evidence from the smoking ban in Ireland shows that smoking fell by 14% in the first year. If that happened in England it would equate to potentially 32,000 less heart attacks a year.

Psychological

Smoking is often used as a way to deal with stress, so try and find an alternative. Get some ideas from www.bbc.co.uk/health.

Social

Try and quit with some of your friends. A support network will yield better results than if you go it alone.

Environmental

Think of the benefit to others once you stop smoking. Your family, friends, work colleagues and fellow pub goers will no longer suffer for your sake.

Economic

Head over to the NHS website and see how much you could save when you quit. www.nhs.uk

In the first month of the ban the cigarette sales fell by 7%.

Welcome to the Health & Wellbeing UK Newsletter!

Welcome to the first Health & Wellbeing UK newsletter launched to celebrate our first anniversary. As a company I believe in keeping all of our clients and friends up to date with important news about our company, and the wider world of wellbeing. Every month I will send you our latest news letter so that you can be on the cutting edge of any new developments and initiatives in occupational health and wellbeing at work. This is a very exciting time for us as we continue to expand and develop new and innovative products and services. My newsletter is designed to look at each of the 5 areas of wellbeing with a hot topic and commentary from a leading "guru" each month. This month we hear from professor Jim Horne (our Sleep Guru) .

doclsmith@hwbuk.com



Guru of the Month

Professor Jim Horne PhD DSc FIBiol FBPsS - is the Director of the Sleep Research Centre at Loughborough University, which has a world wide reputation for its innovative research. He is also Professor of Psychophysiology ('the interactions between body, mind and brain') and editor-in-chief of the *Journal of Sleep Research* - the major international scientific journal relating to sleep. He wrote the textbook *Why We Sleep* (published by Oxford University Press), and the more popular book '*Sleepfaring - a journey through the science of sleep*' (OUP - 2006) which also covers various issues relating to sleep loss at work. His main research interests are in: the functions of sleep, effects of sleep loss on body and brain, distinctions between sleepiness/tiredness/fatigue, driver sleepiness, and issues relating to whether 'society is chronically sleep deprived'. His work in these areas has been published extensively in the scientific literature. He is a WHO advisor on environmental causes of sleep disturbance, and is active in 'bringing science to the public'. His extensive work with Dr Louise Reyner on sleep related vehicle crashes (largely funded by the UK Department for Transport) has influenced UK Government policy on driver sleepiness.

www.healthandwellbeinguk.com

October 2007



**Dr Les Smith, Medical Director
Health & Wellbeing UK**

Our Mission Statement

'Enhance and promote health and wellbeing by innovation, consultancy, training and education using only an ethical and evidence based approach to support the Governments **Health, Work and Wellbeing Strategy**'

Sleep Tips

- Studies at the University of Warwick and University College London state that the optimum amount of sleep is 7 hours a night.
- They claim that less than this can lead to up to a 70 % increased risk of cardiovascular problems.
- Sleeping over 8 hours a night can lead to depression and a low socio-economic standing.
- An Australian study has also stated that children who don't get enough sleep are more likely to become obese in later life, possibly because too little sleep disrupts the metabolism.
- Only 1 in 5 people in the UK get the recommended amount of rest a night, and half the population sleep less than 5 hours a night.
- A recent study shows that 85% of women in their 30s and 40s say they 'frequently feel tired' and only 25 percent get the recommended regular amount of sleep

Health and Wellbeing UK *MySleepProgramme*

Launching on the 8th of November at Loughborough University, our new venture, the *Mysleepprogramme*, is an online system that is designed to help you assess your sleep habits and apply solutions to overcome your sleep issues that you have. With poor sleep being a major issue at both work and home these days it is time that a guiding hand is offered to those who suffer from irregular or lack of sleep. Research has shown that irregular sleep puts you in a high risk category for heart disease, depression and obesity problems. By getting a regular amount of sleep at night you can lead a much healthier, happier, more active and longer life.

The *mysleepprogramme* will help you with your sleep problems and allow you to live this life. The programme has been designed and validated by Loughborough University Sleep Research Centre. By signing up you will gain access to leading sleep experts and you will be able to follow a personal sleep programme that will help you improve your sleep patterns.

For more information on the *mysleepprogramme* please visit the website (below). To join up will only take 5– 10 minutes and you will have instant access to your sleep report and programme. If you would like to attend the launch at Loughborough University please contact admin@hwbuk.com.

www.mysleepprogramme.co.uk

Health and Wellbeing News

In June, Dr Les gave a workshop on 'Stress and Wellbeing in the 21st Century Economy' at the GCC Occupational Health Conference in Dubai. Not only was the conference a great success, but the workshop had great feedback such as:- "Highly professional, easy to understand and smoothly run" and "Very fruitful and enhanced my knowledge!"

In July Dr Les spoke at the Institute of Safety Technology and Research Summer Symposium at the University of Exeter, where he gave a very successful lecture on 'Well Being and Wellness Programmes'.

In September he spoke on rehabilitation and attendance management at the Allianz Insurance Wellbeing Conference in Guildford.

Next month...

We will be focusing on stress and heart rate variation with more from a new guru of the month.

To remove your name from our mailing list, please [click here](#).

Questions or comments? E-mail us at doclsmith@hwbuk.com or call 01303 840031

Milestones
Canterbury Rd
Elham
Kent
CT4 6UE

Phone: 01303 840031
Fax: 01303 840 150
Mobile: 07841535376
Email:
doclsmith@hwbuk.com

Website: www.hwbuk.co.uk