



Foothold

Supporting engineers

Your questions are answered by Dr Neil Stanley, Director of Sleep Science at Sleepstation.



Dr Neil is an independent sleep expert, involved in sleep research for more than 38 years. He started his career at the Neurosciences Division of the RAF and later became Director of Sleep Research at The University of Surrey.

Q: I sometimes have difficulties sleeping and wake up during the night.

A: If you've tried improving your sleep hygiene and things aren't improving, Sleepstation may be able to help.

Q: Is it better to wake with an alarm at a set time each day or just wake up naturally?

A: Ideally, you should get in the habit of waking up naturally, without an alarm.

Q: Does having a nap in the day cause problems with your sleep at night?

A: If it's a 20-minute nap, no problem. A longer nap will potentially disturb your sleep at night.

Q: Is being woken up (for example, by an alarm clock) while in a deep sleep state undesirable?

A: It's best to wake naturally, without an alarm. Waking up when you're in a deep sleep phase isn't ideal and can cause a feeling of grogginess in the day.



Q: For a typical 8 hours of sleep, what is the ideal length of deep sleep and REM sleep?

A: The deep sleep phase makes up around 25% of the night, and REM sleep takes up around 20-25%. If you get the amount of sleep you need, you'll also get the right amounts of deep and REM sleep.

Q: Is there anything wrong with sleeping too much? For example, more than ten hours at a time.

A: We all need different amounts of sleep and some people need 10 hours to feel at their best. If you feel well during the day, don't worry about sleeping too much.

Q: For those who take anti-depressants, how to help avoid a relapse of depression?

A: Poor sleep is one of the biggest relapse triggers and many antidepressants actually worsen sleep. So, talk to your doctor about addressing the sleep problem as well as the depression.

Q: What help is there for curing snoring, which disturbs sleep?

A: Snoring can be caused by several factors: too much fat around the neck, alcohol, upper airway anatomy and others. This means there is no simple cure but some over the counter remedies may help some people.

Q: Why do some people appear to cope with high-stress levels whereas others don't?

A: The simple answer is that some people are just more resilient to life's stressors.

If you're a member of the engineering community and would like some personalised support, our sleep improvement programme may just be what you need. It's all the science-backed support of a sleep clinic but completely online and at your own pace. [Sign up here.](#)

