



Maintain good sleep.

Survey findings

Sleep was negatively affected in the long term after the GEJE.

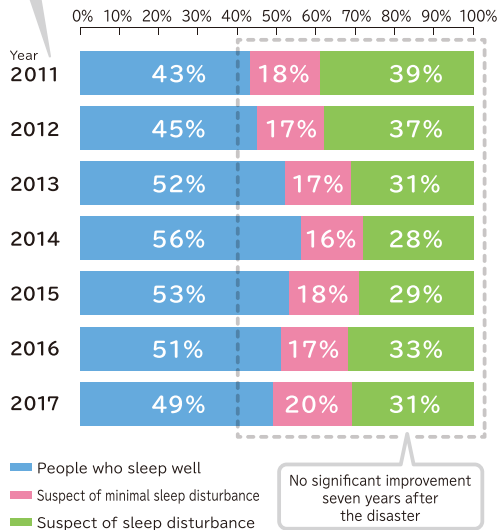
Recommendation

Arrange for an optimal sleep environment and take time to relax before going to bed.

Sleep disturbance was observed among residents in the areas affected by the Great East Japan Earthquake even years after the event. Sleep maintains our mental and physical health. When sleep is disturbed, it can cause difficulty with concentration, and can lead to increased risk of mental health problems and increased vulnerability to illnesses. If you have difficulty with falling or maintaining sleep, try to create an optimal sleep environment (dark and quiet), and take time to relax before going to bed. One way to relax is to perform abdominal breathing exercises for a few minutes before falling asleep in bed. Focusing on your breath calms down your physical sensations, and helps you to fall asleep easier. Avoid having a nightcap (i.e., drinking alcohol) as it worsens the quality of sleep. In the morning, step out in the sun and activate your circadian rhythm. If you continue to have difficulty with sleep, seek professional help from health care providers of local government or clinics.

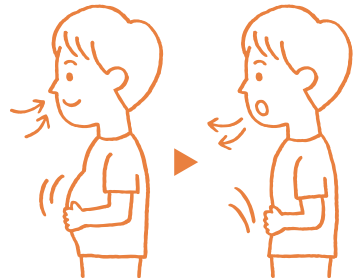
The onset of the Great East Japan Earthquake

The sleep conditions of the affected residents after the Great East Japan Earthquake



Try abdominal breathing!

1, 2, 3, (4), 5, 6, 7, 8, 9, 10



Breathe in slowly while counting 1, 2, and 3 and pushing out your stomach so that the abdomen expands when you have fully inhaled.

On count 4, stop breathing in. Breathe out slowly while counting 5, 6, 7, 8, 9, and 10 and pulling in your stomach so that the stomach falls inward maximally when you have fully exhaled.

※ Reference The 1st through 7th Surveys based on the joint project of Tohoku University and the Shichigahama town, Miyagi Prefecture "Shichigahama Health Promotion Project"

