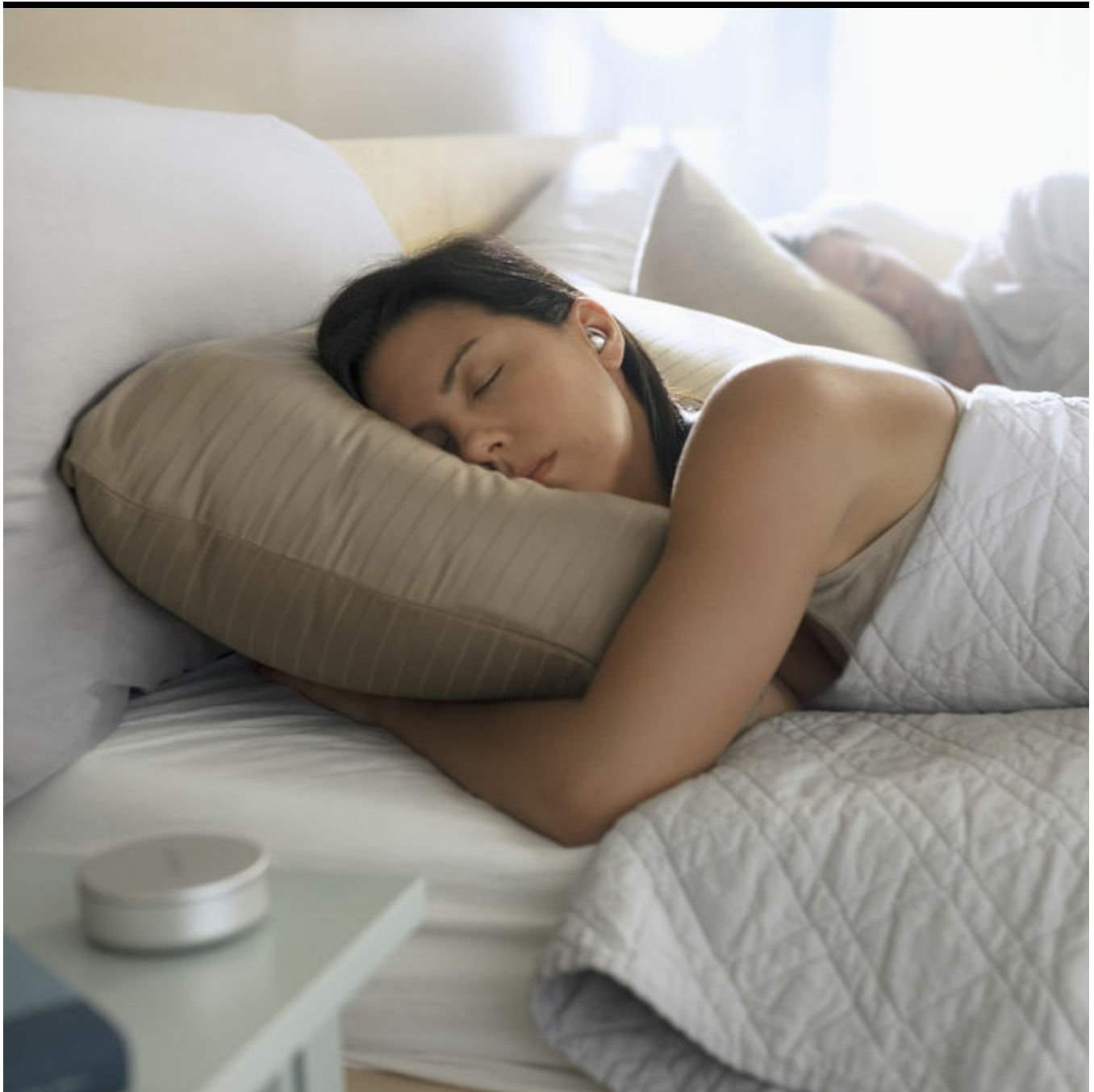


THOUGHT-STARTER: HOW WILL TECHNOLOGY SEND US TO SLEEP?

By Holly Friend and Livvy Houghton

11 : 01 : 2019 Health : Wellness : Sleep



Meeta Singh, a sleep doctor at Henry Ford Health System, on the complexities of sleep health and how technology will play a new role in achieving good rest.

'I'm a sleep doctor. I help athletic teams enhance their sleep and minimise sleep deprivation,' explains Singh. 'When you're coaching somebody to sleep better, you're taking them from wherever their sleep is now to the optimal amount of sleep and improving their sleep performance. I also educate them about falling asleep in line with their circadian clock.'

Singh also discusses the important role that sleep plays for eSports stars. 'Sports athletes often practise for 14–16 hours per day,' she says. 'I think that it would be beneficial for these young people to have a device that helps them measure their sleep and tells them when they were overdoing [their training], so they could live a more balanced life.'

She also speculates on future technologies that could aid our sleep. 'When you wake up, your body temperature starts to rise. So maybe there will be technology in which the room temperature can be controlled, helping you to sleep better.'

Read the full Q&A [here](#).