

# Ramadan



## What is Ramadan?

Ramadan is a particularly important time of year for Muslims: it is the holiest month in the Islamic calendar. Muslims all over the world will fast from sunrise to sunset every day during this holy month. During fasting hour, Muslims do not eat or drink.

During the holy month of Ramadan, it is important to take care of one's health.

## What should you do if you are on medication?

If you are on regular medication and have a medical condition, then speak to your doctor if you will be fasting. This is particularly important, especially if you have a long-term condition, such as diabetes. If in doubt, speak to your GP.

## Why is it important to stay active?

Consider staying active during Ramadan. Try walking after Iftar, as this will help with digestion and keep you active.

## What about eating and drinking during Ramadan?

At Suhoor (early morning meal before sunrise) and Iftar (evening meal after sunset), eat a balanced meal. Go for foods that slowly release energy over the day to keep you fuller for longer, such as oats and brown rice. Avoid fried, fatty, and sugary foods. During the time between Iftar and Suhoor (non-fasting hours), stay hydrated and drink plenty of water and avoid caffeine-containing drinks.

## Unhealthy habits

Use this month to quit unhealthy habits, such as smoking. Your local pharmacist will be able to guide you with stop-smoking products, and many pharmacies run stop-smoking services.

## Why is sleep important?

Try to adjust to a good sleep routine and devise a pattern that works for you. Get your sleep in to avoid becoming sleep-deprived.

Did you know that sleep helps:

- Improve memory
- Increase life expectancy
- Reduce the incidence of diseases related to inflammation such as diabetes, heart disease, stroke, arthritis, etc.
- Improve cognition and creativity
- Improve stamina and fitness
- Improve the learning of new tasks
- Improve attention
- Keep a healthy appetite and weight.

## Useful resources

- [NHS advice on eating a balanced diet](#)
- [NHS advice on staying healthy with diabetes during Ramadan](#)
- [Why is sleep important during Ramadan](#)
- [World Health Organisation advice on eating healthily during Ramadan](#)