

SLEEP HYGIENE TIPS

Sleep plays an essential role in optimizing health and well-being. Conversely, inadequate sleep can cause a whole host of negative mental and physical side effects.

Incorporate the below tips and techniques to ensure you get a great night sleep and wake up feeling revitalized to take on the day!



GO TO BED AND GET UP AT THE SAME TIME EVERY DAY



This sets your body's internal clock to optimize the quality of sleep.

MAINTAIN A NIGHT-TIME ROUTINE



Winding down and learning to relax is an important part of preparing for bed.

AVOID ALCOHOL, CAFFEINE AND SMOKING



These stimulants disrupt your sleep, especially if consumed close to bedtime.

BE PHYSICALLY ACTIVE



Exercise helps you sleep better. Schedule high-intensity workouts earlier in the day and avoid exercising too close (within 3 hours) to bed time.

INVEST IN YOUR SLEEPING ENVIRONMENT



A hot and uncomfortable environment or poor quality bedding will make it harder to fall asleep and may cause you to wake up in the middle of the night.



DON'T USE A TABLET OR PHONE IN BED



White or blue light interferes with the release of melatonin which provides the signal to sleep.

DON'T STAY INDOORS ALL DAY AND AVOID EXERCISE



Exposure to the elements help regulate your body-clock.

DON'T EAT HEAVY MEALS BEFORE BED



Eating boosts your metabolism making it hard to fall asleep and also sleep well. However, don't go to bed hungry either.

DON'T GO TO BED WHEN YOU'RE NOT TIRED



This means you'll be tossing and turning and getting frustrated that you're not falling asleep.

DON'T NAP FOR TOO LONG OR TOO LATE



Keep afternoon naps short and avoid napping after 5 pm.

Simple Sleep Hygiene Tips

Camilla Rothe



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