

**SLEEP HYGIENE TIPS**

	
<p><b>GO TO BED AND WAKE UP AT THE SAME TIME EACH DAY</b></p>  <p>This sets your body's internal clock to optimise the quality of your sleep each night</p> <p><b>MAINTAIN A NIGHT-TIME ROUTINE</b></p>  <p>Winding down and learning to relax is an important part of preparing for bed.</p> <p><b>AVOID ALCOHOL, CAFFEINE AND SMOKING</b></p>  <p>These stimulants disrupt your sleep, particularly if consumed close to bedtime.</p> <p><b>BE PHYSICALLY ACTIVE</b></p>  <p>Exercise helps you sleep better. Schedule high-intensity workouts earlier in the day and avoid exercising too close (within 3 hours) to bed time.</p> <p><b>INVEST IN YOUR SLEEP ENVIRONMENT</b></p>  <p>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.</p>	<p><b>DON'T USE A TABLET OR A PHONE IN BED</b></p>  <p>White or blue light interferes with the release of melatonin which provides the signal to your brain to go to sleep.</p> <p><b>DON'T STAY INDOORS ALL DAY, AVOIDING EXERCISE</b></p>  <p>Exposure to the elements, like sunlight, helps to regulate your body-clock.</p> <p><b>DON'T EAT HEAVY MEALS BEFORE BED</b></p>  <p>Soon after eating, your metabolism rises as you digest your meal, making it hard to fall asleep and hard to sleep well. However, don't go to bed feeling hungry either.</p> <p><b>DON'T GO TO BED WHEN YOU'RE NOT TIRED</b></p>  <p>This means you'll be tossing and turning and getting frustrated with yourself that you're not asleep yet.</p> <p><b>DON'T NAP FOR TOO LONG OR TOO LATE</b></p>  <p>Keep afternoon naps short and avoid napping after 5pm. It will make it hard to go to sleep at your normal bed time.</p>

**Sleep plays an essential role in optimising your health and wellbeing, it 'resets' the brain each night and helps prepare you for the next day.**

**On the other hand, not getting enough sleep can cause a range of mental and physical side effects.**

**Incorporate these tips and techniques to ensure you get a great night's sleep and wake up feeling revitalised and ready to tackle the day ahead!**

**You'll find that once you settle into a consistent, quality sleep pattern your mood and mental health will improve, you'll have more energy and you will feel better about waking up each morning.**

