

Solutions to improve your..... **SLEEP**

Same bedtime and wake time **every** day



Make sure the room is dark



Bedroom temperature around 18 degrees



Evening relaxation—music, relaxation techniques, foot

Hot bath before bed



Exercise regularly but not within 3 hours of bedtime



Caffeine only until late afternoon



Avoid alcohol

Be in sunlight for at least 30 minutes per day



Avoid napping after 3pm



Sleep facts

The average adult needs 8 hours sleep per night.

No one can survive on 5 hours sleep or less without any impairment

40% of people are larks
30% are owls
30% inbetween

Signs you are not getting enough sleep:

- You could easily fall asleep again at 10 or 11am
- You are unable to function optimally without caffeine before midday
- You would sleep on without your alarm clock
- You have trouble concentrating or reading or you are forgetful
- You need to sleep longer at the weekends

Good sleep brings you many benefits:

Healthier immune system – less illnesses

Easier to maintain a healthy weight

Better exercise performance

Less risk of accidents

Better performance at work – more efficient, better decision making

Able to learn and remember new facts – great tip for students

Able to cope better with stress and emotions

“Beauty sleep” It’s true, people really are more attractive when they have a good night of sleep

If your body is not getting the sleep it needs every major system, tissue and organ of the body is affected. You increase your risk of chronic diseases including high blood pressure, diabetes, depression, cancer, heart attack and stroke. You are at a higher risk of having an accident. Your mood, appetite, energy levels, attention, performance, resilience, immunity, reproductive hormones and even your genes are affected when you lose sleep.

“I’m one of those people who only needs 6 hours sleep” Some people do have an inherited gene enabling them to remain healthy on 6 hours sleep. However, this gene is extremely rare – a fraction of 1% of the population. Most people that sleep for 6 hours have trained themselves to do so but will experience the consequences of sleep deprivation.