

# SLEEP



‘the activity that you spend the most time doing!’



## Exercise is really helpful for sleep.

But try not to exercise in the 2 hours before bed.

Exercise increases heart rate and blood pressure which interferes with sleep.

Making time to wind down before bed will help you to sleep.



## Eating healthily and maintaining a healthy weight.



Don't eat a large meal in the 2 hours before bed – fatty sugary foods are difficult to digest and boost our energy.

Being overweight will increase your risk of developing Sleep Apnoea (sleep disordered breathing).

## Routine and consistency: aim for a regular bedtime and get up time every day.

Avoid napping during the day while you are resting – don't rest in your bedroom and try and consolidate your sleep at night.



## Sleep loves quiet, dark and boring! Make sure that you are comfortable and the right temperature in bed.

If light or noise is impacting on your ability to sleep, an eye mask or ear plugs can help.

If you're waking up to use the bathroom in the middle of the night, reduce the liquid you drink – especially in the 2 hours before bed.

Avoid screen use in the 2 hours before bed – the light from the screen and stimulation is not conducive to sleep.



Being outside: as much time as possible spent outside is good for sleep as it is essential in the creation of melatonin – so find time to get into natural daylight – preferably in the morning if you can for at least half an hour.



Alcohol, nicotine and caffeine all affect sleep – if you're having problems sleeping avoid these substances especially in the afternoons and evenings.

If you wake up in the middle of the night and have trouble going back to sleep, leave the bedroom and only go back and try to sleep when you feel tired (a good sign of this is a yawn). This could be up to 45 minutes after you've woken up.

