

Get more...

# ...Sleep

It's a no brainer.

Getting enough sleep can make our brains sharper, our mood more positive and make us more productive.

If you struggle to get a good eight hours a night, here are three key areas which will help you get more 'zzzz's....

## Routine



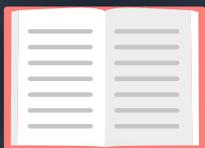
*Most adults need between 6 and 9 hours of sleep a night.*



NHS UK



**Set a regular bedtime** so that your body winds down and wakes up naturally.



**Have a wind-down routine** every night to signal to your body and mind that it's time to relax. A bath, some gentle exercise like yoga, or reading a book are all good techniques.



**Avoid screens before bed.** Backlit screens and WhatsApp messages turn our brains on, not off, so try not to look at your phone for at least an hour before bed.

# Eat well

“ Certain nutrients can alter how long it takes you to fall asleep, how often you wake up during the night, and how you feel the next day. ”

Chris Winter, M.D.,  
Sleep Specialist



**Avoid caffeine.** Caffeine affects everyone differently but the chemical can stay in our bloodstream for up to **six hours** after we've had that last coffee.



**Avoid booze.** Alcohol can disturb your sleep patterns, keeping you in the lighter sleep stages for longer, so you feel less rested.



**Avoid high-fat or spicy foods.** These types of foods are harder for the body to digest, keeping us up for longer.



**Avoid too much sugar.** Eating sugary foods can cause your blood-sugar levels to fluctuate throughout the day, throwing off your sleep routine.

# Exercise

“ People who engage in at least 30 minutes of moderate aerobic exercise may see a difference in sleep quality that same night. ”

Johns Hopkins  
Center for Sleep



**Regular aerobic exercise** can improve the quality of your sleep and reduce insomnia.

**Moderate** - try brisk walking or a bike ride.

**Vigorous** - try running, swimming or team sports.



**Resistance exercise**, such as weight-training or yoga, can help alleviate symptoms of depression and anxiety, leading to better sleep.



**Time it right.** The ideal time to exercise for good sleep is in the afternoon or early evening, though it's also important to find a time that suits you.

# Trouble sleeping?

If you're still having trouble drifting off, try these free resources.



Listen to a relaxing  
sleep playlist



Practice the 4-7-8  
breathing technique



Try PMR (Progressive  
Muscle Relaxation)

*NB. Parents, we know it may not be possible to take any of this advice when you have small children. Apply as and when you can!*