



12 Tips for Better Sleep

Did you know that over 40% of professionals report losing sleep because they can't get the job off their minds, and 60% of millennials? The 'always on' culture is a major contributor, with over a third of workers admitting that they check their phone for work immediately before sleep and when they wake up. These are not good habits! So, if you want to enjoy more good quality sleep, which is VITAL for functioning well and staying healthy, here are some practices tips...

1 Stick to a sleep schedule
Aim to go to bed and wake up at the same time each day.

2 Don't exercise too late in the day
Exercise is great, and we should try to time it no later than 2-3 hours before bed.

3 Avoid caffeine & nicotine
Colas, coffee, teas (that aren't herbal) and chocolate contain caffeine, which is a stimulant.

4 Avoid alcoholic drinks before bed
Alcohol in the body can reduce your REM sleep, keeping you in the lighter stages of sleep.

5 Avoid large meals late at night
A lights snack before bed is okay, but a heavy meal or drink is not advisable.

6 Avoid medicines that disrupt sleep
Heart, blood pressure or asthma medications can disrupt sleep patterns. Take them earlier?



7 Don't nap after 3pm
Naps are great, but taking them too late in the day can make it hard to fall asleep at night.

8 Leave time to relax before bed
Try to schedule your days so that there is time to relax and unwind before bed.

9 Take a hot bath before bed
The drop in body temperature may help you to feel sleepy, and slow down and relax.

10 Have a dark, cool, gadget free bedroom
Keep the room cool and free of Gadgets such as mobile phones and computers.

11 Get the right sunlight exposure
Sun exposure during the day helps us to regulate sleep. Get outside in the natural sunlight.

12 Get up if you can't sleep
If you are awake for over 20 minutes, or you're getting anxious, get up until you feel sleepy.