SEVEN STEPS TO SPLENDID SLEEP

NURTURE YOUR BODY

7. ARE YOU SLEEPING FOR SUCCESS?

WHAT

Sleep is a mental health superpower. Often, however, we skip sleep in favour of getting stuff done, or surfing the socials without realising the far-reaching implications. Did you know that losing 90 minutes of sleep reduces daytime alertness by nearly a third and four hours of sleep loss produces as much impairment as drinking a six-pack of beer? Not getting enough sleep can lead to a cascade of negative events, impacting our capacity to thrive. We achieve less, skip exercise and have poorer interactions with loved ones, eat more, get sick more often and are more likely to have an accident. Conversely, when we get enough sleep it's easier to manage our emotions, have more patience, deal with stressful situations and be more energised. We can get more and better quality sleep by improving our sleep hygiene – making healthy sleep habits.

HOW

Sleep can be impacted by many things – food, anxiety, coffee, alcohol, temperature, and technology before bed. In fact, a good sleep starts the moment we wake up!

Here are seven steps you can take throughout the day to set you up for good quality sleep:

1. **Establish a sleep routine by going to bed and getting up at the same time** every day e.g. 10pm to 6am **and get up without hitting snooze**.
2. **Get outside for early morning exercise** - Half an hour of outdoor light will reset your internal clock.
3. **Eat a Mediterranean style diet**, shown to support good quality sleep.
4. If you need to **nap, do so no later than 2pm** and for no longer than 20 minutes.
5. Have your **last coffee by 3pm, cut out cardio exercise by 6pm, alcohol by 8pm.**
6. **Wind down for bed-time 30 mins prior to your sleep time** by cutting out blue and light ensuring your room is cool, dark and quiet.
7. **Try deep breathing or mindfulness** before sleep, or if you wake in the night. This will slow your heart and reduce anxiety. If after 20 mins you still can't sleep, get up and try again later when you feel sleepy.

WHY IT WORKS

Research shows that good sleep improves mood, concentration and performance at school or work. Sleep may help control overeating and help prevent obesity. Sleep disruptions contribute to all major psychiatric conditions including depression, anxiety and suicidality.

For more see: *Why We Sleep (Mathew Walker) & Fast Asleep (Michael Mosley)*

For more info contact us at hello@needtoseesomeone.com