GOOD SLEEP GUIDE

One of the worst things you can do for your health is not have enough sleep

In the short term our energy levels, concentration, capacity to learn all reduce, and our stress levels increase. In the longer term our risk of obesity and chronic diseases like diabetes and heart disease increase.

We all know how good we feel after a good night of sleep so let’s start prioritising sleep as it plays such a vital role in our health.

Here are a few tips I’ve put together to try and help you improve your sleep. Like everything I suggest, they are all free and easy!

Much more on sleep can be found on my online course – Spark Your Wellbeing – [www.sparkwell.net/course/spark-your-wellbeing/](http://www.sparkwell.net/course/spark-your-wellbeing/)

* Take all screens out of the bedroom – tablets, phones, tv
* Try to stop using screens at least 90mins – 2 hours before bed
* Charge your phone in another room – buy an old fashioned cheap alarm clock instead
* Go to bed at the same time each night and get up at the same time each morning – even if you’ve had a late night
* Try to have your last meal of the day at least 2 hours before bed
* Avoid caffeine after midday (coffee, tea, fizzy juice, energy drinks) – it takes 6 hours for your body to get rid of half the caffeine in one drink
* Have a bedtime routine – we do this for children, why not for adults?
* Set an alarm for bedtime
* Wind down before bed by having low level lighting and quiet time
* Don’t exercise late in the evening
* If you wake up overnight don’t reach for a screen, get out of bed, read or do something relaxing then try to go to bed half an hour later, repeat until you fall back asleep
* Avoid emotional stress in the evening
* Keep your bedroom dark and cool
* Try to maximise outdoor time as much as possible in the morning

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