



SLEEP

Quality sleep allows us to empty the 'spam' folder of the day, file things away and properly recharge.

1. Get natural light as soon as you wake. This sets your body's time clocks and will make a difference to how you sleep that night.
2. Try to wake and sleep up at the same time each day.
3. Aim to be in bed by 10pm whenever possible - hours before midnight help most.
4. Before bed, set lights to as dim as possible and avoid devices.
5. Cool room temperature 1-2 degrees more than is comfortable. Core temperature needs to be cooling to sleep, cool to stay asleep, and warming to wake.
6. Caffeine and alcohol might not feel like they keep you awake but they significantly change sleep architecture with less deep REM sleep which helps sets the 'refresh' button.
7. If you overthink in bed, schedule space on the way home from work or school to consider the day, and make a list of anything that needs attention. Don't do this immediately before bed.
8. Avoid alcohol and late evening exercise.
9. Have bed covers you can layer to adjust the temperature as needed
10. Try a meditation app such as Calm, Headspace set on a sleep timer.