

# 7 TIPS FOR BETTER SLEEP

## GO TO BED EARLIER



**THIS IS ONE OF THOSE LOW HANGING PIECES OF FRUIT FOR YOU TO REACH. IT'S ALL TOO COMMON THAT YOU LOSE TRACK OF THE TIME AT NIGHT TIME. YOU LOOK AT YOUR PHONE AND IT'S ALREADY 10.30PM. YOUR 5.30AM ALARM FOR THE GYM THE NEXT MORNING SEEMS A LOT MORE DAUNTING THEN IT DID 2 HOURS EARLIER. ALBEIT EXTREMELY OBVIOUS, IF YOU WERE TO REFRAIN FROM THAT LAST EPISODE OF YOUR FAVOURITE NETFLIX SERIES THEN YOU WOULD BE LIKELY TO GET 30-40 MINUTES EXTRA SLEEP.**

**IT MIGHT NOT SEEM LIKE MUCH BUT 6 HOURS COMPARED TO 6 HOURS AND 40 MINUTES OF SLEEP IS A BIG DIFFERENCE, IT IS ACTUALLY OVER A 10% INCREASE AND YOU WILL BE SURE TO NOTICE THE NEXT DAY.**



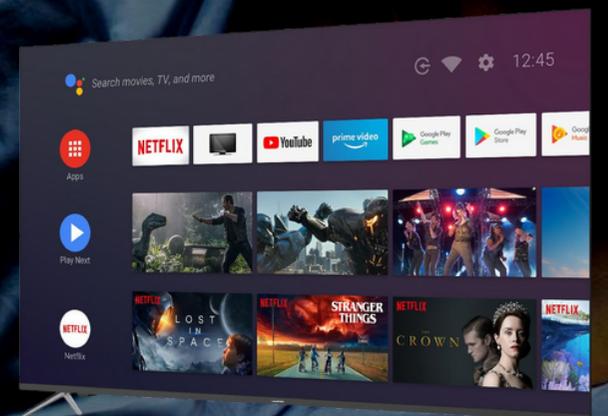
# 7 TIPS FOR BETTER SLEEP

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## NO SCREEN TIME FOR 30 MINUTES BEFORE BED

**PHONES, TV, TABLETS, COMPUTERS ALL EMIT SHORT-WAVELENGTH ENRICHED LIGHT WHICH IS COMMONLY REFERRED TO AS 'BLUE LIGHT'. THIS HAS BEEN SHOWN TO AFFECT NOT ONLY HOW MUCH YOU SLEEP BUT HOW WELL YOU SLEEP TOO. STUDIES SHOW THAT BLUE LIGHT CAN DELAY AND REDUCE YOUR NATURAL PRODUCTION OF MELATONIN WHICH WILL NORMALLY OCCUR IN THE EVENING ONCE IT GETS DARK.**

**ESSENTIALLY, IT TRICKS YOUR BRAIN INTO THINKING IT ISN'T BED TIME. THIS IS WHY MANY OF US WILL TOSS AND TURN IN BED AND TAKE AN AGE TO ACTUALLY FALL ASLEEP.**



# 7 TIPS FOR BETTER SLEEP

## STOP EATING AND DRINKING 2 HOURS BEFORE BED

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**THIS IS A HELPFUL TIP FOR FAT LOSS TOO AS MANY OF THE EXCESS WE CONSUME CAN OFTEN BE JUST BEFORE WE CALL IT A NIGHT. HOWEVER, THIS RELATES TO SLEEP AND FOLLOWING IT CAN LEAD TO A HUGE IMPROVEMENT IN SLEEP QUALITY. AS IT PERTAINS TO EATING, IF WE HAVE A LATE DINNER AND HOP INTO BED 15 MINUTES LATER THEN OUR FOOD IS GOING TO BE DIGESTING AS WE ARE TRYING TO PROGRESS THROUGH OUR SLEEP CYCLES DURING THE NIGHT.**

**REM AND DEEP SLEEP ARE THE TWO STAGES OF SLEEP WHERE YOUR BODY WILL START TO EXPERIENCE ALL OF THE GOOD STUFF PREVIOUSLY MENTIONED. YOUR BODY WILL HAVE AN EXTREMELY DIFFICULT TIME REACH AND STAY IN THESE STAGES IF IT IS OCCUPIED TRYING TO DIGEST YOUR BIG STEAK AND MASH DINNER YOU SLAMMED DOWN JUST BEFORE YOU BRUSHED YOUR TEETH**



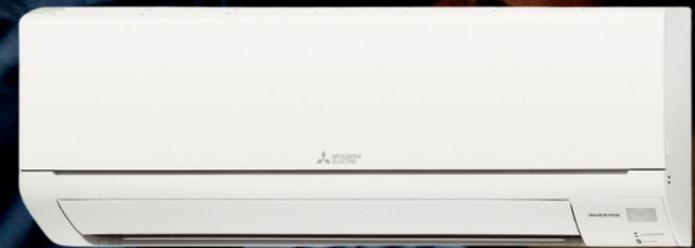
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## SLEEP IN A COOL ROOM

**I THINK WE ALL KNOW THE IMPORTANCE OF THIS ONE. THE AUSTRALIAN SUMMER CAN BE HOT TO SAY THE LEAST. QUITE OFTEN, AFTER A WARM DAY IT REMAINS HOT AND STICKY INTO THE NIGHT WHEN WE ARE TRYING TO GET TO SLEEP. MANY OF US WILL STRUGGLE TO GET TO SLEEP UNLESS WE HAVE AN AC IN OUR ROOM OR STRONG CEILING/PEDESTAL FAN.**

**STUDIES REVEAL THAT THE OPTIMAL TEMPERATURE FOR SLEEP IS 20C TO 22C WHICH MAY BE A LITTLE COOLER THAN WHAT SOME OF YOU MAY EXPECT. OUR BODIES CRAVE CONSISTENCY AND WHEN WE TRANSITION THROUGH THE SEASONS OUR SLEEPING CONDITIONS CHANGE QUITE DRASTICALLY. IN THE COOLER MONTHS, IT'S EASIER TO ADD AN EXTRA BLANKET OR TWO BUT THERE IS ONLY SO MANY LAYERS YOU CAN TAKE OFF BEFORE YOU RUN OUT OF WAYS TO GET COOLER.**



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## MEDITATE/STRETCH BEFORE BED

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**AFTER A LONG DAY IT CAN SOMETIMES BE CHALLENGING TO GET TO SLEEP EVEN THOUGH YOU'RE SUPER TIRED AND JUST WANT TO GET TO SLEEP. QUITE OFTEN WE ARE WOUND UP FROM SOMETHING THAT HAPPENED THAT DAY – STRESS FROM WORK, KIDS, FAMILY, AND NO MATTER WHAT YOU DO, YOU CAN'T FALL ASLEEP.**

**YOU'LL JUST NEED A QUIET SPACE TO RELAX. WHETHER YOU MEDITATE OR STRETCH, THE AIM IS TO ALLOW YOURSELF TO FOCUS ON THE PRESENT AND ALLOW YOUR MIND TO STOP RACING WHICH WILL NATURALLY HELP YOUR BODY FALL ASLEEP ONCE YOU FINISH.**

**THIS CAN BE ANYWHERE FROM A FEW MINUTES TO 15 OR SO AND HAS BEEN PROVEN TO HELP A LOT OF PEOPLE TO NOT ONLY GET TO SLEEP MORE EASILY BUT IMPROVE SLEEP QUALITY.**



# 7 TIPS FOR BETTER SLEEP

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## LIMIT ALCOHOL

**ALCOHOL IS KNOWN TO DISRUPT SLEEP WHICH IS ONE OF THE MAIN REASONS FOR A HANGOVER AFTER A BIG NIGHT. IN ADDITION TO THE POINTS MENTIONED A LITTLE EARLIER IN NUMBER 3, OUR BODY WILL ALSO BECOME DEHYDRATED AND WILL BE IN NEED OF WATER TO COUNTER THE ALCOHOL CONSUMPTION.**

**TYPICALLY, ALCOHOL WILL ALSO INCREASE YOUR HEART RATE WHICH IS NOT CONDUCTIVE TO GOOD QUALITY SLEEP AND IT'S THE EXACT OPPOSITE (LOWER RESTING HEART RATE) THAT WILL AID YOUR NIGHTS REST.**



# 7 TIPS FOR BETTER SLEEP

## READ FICTION

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**A GOOD FICTION BOOK CAN PUT YOU INTO A STATE OF RELAXATION WITH SIMILARITIES TO HOW MEDIATION OR STRETCHING CAN. THE REASON WE HAVE SPECIFIED 'FICTION' IS BECAUSE IF IT WERE A NON FICTION IT MAY HAVE THE OPPOSITE EFFECT AND DELAY YOUR SLEEP FOR THAT NIGHT. IF YOU'RE READING A TEXTBOOK, BUSINESS OR SELF HELP BOOK, YOUR MIND MAY START TO RACE AND OVERTHINK THINGS TO THE POINT WHERE YOU'RE STARING AT THE CEILING UNABLE TO FALL ASLEEP.**

**STUDIES HAVE ILLUSTRATED THAT READING AS LITTLE AS 3 PAGES IN BED CAN AID THE SLEEPING PROCESS AND HAVE SHOWN TO IMPROVE THE SPEED IN WHICH YOU FALL ASLEEP.**

