

From Tired to Refreshed

Improving your sleep



Things I can do to improve my sleep

How much sleep should I get?

8 hours – somewhere between 7 and 9 is ideal



My Ideal sleeping conditions

- Bedroom is for sleep and intimacy only
- Make sure the temperature suits me
- Comfortable bedding – mattress, pillow, sheets – replace when necessary
- Dark – if unavoidable street lighting look at block out curtains or blinds
- No phones in the room – if I use as alarm, put it where you can reach it
- Keep the room free of clutter

What can you do?

- Prioritise sleep – above everything else whenever I can
- Have a consistent routine – same bedtime and wakeup time each day
- Don't take naps –30 minutes max in the early afternoon to recharge
- Dim the lights in the evening – have a lamp – helps melatonin production – lights and screens interfere with my sleep
- Don't toss and turn, if after 20 minutes I can't sleep get up, read in low light, do some light yoga or breathing exercises, I won't turn on my device
- Eat Well
- Exercise
- Get some sunshine
- Avoid caffeine and alcohol
- Eat Earlier
- Stay off your devices 30 to 60 minutes before bed – mental stimulation and blue lights.

Key nutritional factors that influence sleep

- Regulating your blood sugar throughout the day. This means regular meals.
- Ensure you have adequate Protein + essential fatty acid at night
- Night time meals should be lighter and easy to digest.
- Avoid stimulating foods – such as Caffeine, alcohol, sugar
- Check food allergies, in particular eggs, dairy, gluten, seafood, nuts
- Have supper. A small snack that contains both protein and carbohydrates. Cheese and crackers or soup, hot milk and honey with oatmeal crackers

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Foods and drinks that can help you sleep

- Warm milk, honey and nutmeg
- Kiwi fruit – 2 before bed
- Fatty Fish
- Nuts
- Chamomile Tea
- Passionflower Tea
- Water



What foods/drinks to avoid

- Caffeine
- Alcohol
- Sugar
- Fatty foods
- Spicy foods
- Excessive carbohydrates

Supplements & Herbs

There are a number of supplements and herbs that will help with sleep. Please speak to your practitioner before taking supplements or herbs to make sure they are the right ones for you and don't interact with other medications.

Exercise

- 30 minutes per day
- None 2 hours before bed, exception is yoga
- Yoga, walking, weights, running, swimming, cycling, dancing, whatever is most suitable for you

Lifestyle Changes

- Complementary Therapies – Acupuncture, massage, kinesiology
- Reduce Stress
- Meditation
- Sunlight

The #1 thing to improve your sleep is to make sleep a PRIORITY!