

TIPS FOR A HEALTHY SLEEP CYCLE



ACTIVATE 'DO NOT DISTURB' ON YOUR CELLULAR DEVICE

ACTIVATING THIS SETTING ON YOUR PHONE WILL STOP NOTIFICATIONS FROM DISRUPTING/DISTRACTING YOU LATE AT NIGHT OR DURING YOUR SLEEP PREPARATION STAGES.

SLEEP IN A DARK ROOM

COMPLETE DARKNESS HELPS THE BRAIN SYNTHESIZE MELATONIN. CONVERSELY, WAKING TO BRIGHT LIGHT SIGNALS TO THE BRAIN TO STOP MELATONIN PRODUCTION, TO WAKE YOU UP.

AVOID STIMULANTS LATE IN THE DAY

CAFFEINE CONTAINING BEVERAGES SUCH AS COFFEE, REDBULL, COKE, BLACK TEA, GREEN TEA, SIGNAL TO THE BRAIN TO WAKE UP AND CAN TAKE UP TO 8 HOURS FOR THE BODY TO PROCESS, POTENTIALLY DISTURBING SLEEP.



NO SCREENS IN BED

THE BLUE LIGHT FROM OUR SCREENS CAN INHIBIT OUR BODY FROM MAKING MELATONIN (SLEEPY HORMONE) DISRUPTING OUR SLEEP ONSET. CHARGE YOUR PHONE ON THE OTHER SIDE OF THE ROOM SO YOU'RE NOT TEMPTED TO LOOK AT IT DURING THE NIGHT.

EXERCISE ON RISING

60 SECONDS OF MOVEMENT (ARM SWINGS, STAR JUMPS, HOPPING OR BALANCING) UPON RISING CAN HELP REGULATE YOUR SLEEP CYCLE BY INCREASING YOUR CORTISOL & TELLING THE BODY TO WAKE.

PROMOTE CALMNESS AROUND BEDTIME

BEGIN YOUR SLEEP ROUTINE 1 HOUR BEFORE YOU WANT TO BE ASLEEP. AVOID TOO MUCH SCREEN USE (TV, PHONE, COMPUTER) AND TRY SOME BREATHING EXERCISES, BATHS, LAVENDER OIL ON THE PILLOW OR READING A NON-STIMULATING BOOK.



GET COMFORTABLE IN BED

AN UNSUPPORTIVE PILLOW OR MATTRESS CAN NOT ONLY HURT YOUR NECK & BACK BUT ALSO PROVIDE A VERY RESTLESS NIGHT'S SLEEP.

TEMPERATURE

MEN & WOMEN HAVE DIFFERENT BASAL BODY TEMPERATURES AT VARYING TIMES OF THE NIGHT. MEN WILL OFTEN FEEL HOTTER WHEN INITIALLY GOING TO SLEEP, WHILE WOMEN WILL FEEL HOTTER IN THE EARLY HOURS OF THE MORNING. IT'S IMPORTANT TO HAVE VARIOUS BEDDING OPTIONS FOR BOTH PEOPLE'S NEEDS THROUGHOUT THE NIGHT.

CONSISTENCY & ROUTINE

THE BODY LOVES CONSISTENCY & YOUR CIRCADIAN RHYTHM IS NO EXCEPTION. ALWAYS AIM TO GO TO BED & GET UP AT THE SAME TIME EVERYDAY (EVEN ON WEEKENDS). ENSURING YOU'RE ALLOWING A MINIMUM OF 7-8 HOURS SLEEP EACH NIGHT.