#### **SLEEP HYGIENE**

Five effective tips to establish a healthy sleeping habits

Stay clear of stimulants late in the day.

Avoid beverages and foods that contain caffeine after lunch



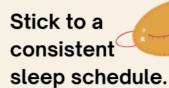


# Create a relaxing bedtime/pre-bedtime routine.

- · Having clean bedding
- · Sleeping in a cooler room
- · Having a bath with Epsom salts
- Practising breathing and meditation
- · Reading a good book and having dim lighting

#### Do a regular exercise.

Regular exercise routine can help contribute to improved sleep.-



Going to bed and waking up at the same time every day

## Unplug an hour before bed.



Turning off screens two hours before bed

### Sleep and brain connection

- Manage stress
- Keeping a positive mindset
- If you get sugar cravings in the evening it's your cue for bedtime



#### Avoid foods that can disrupt sleep.

- Including fibre in your diet improves quality of sleep
- Consuming lots of probiotic and prebiotic rich foods