

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



Do a regular exercise.

Regular exercise routine can help contribute to improved sleep.-



Stick to a consistent sleep schedule.

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



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



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

