

THE IMPORTANCE OF SLEEP

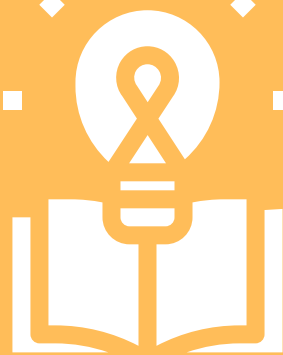


HOW A GOOD NIGHT SLEEP CAN CHANGE YOUR DAY

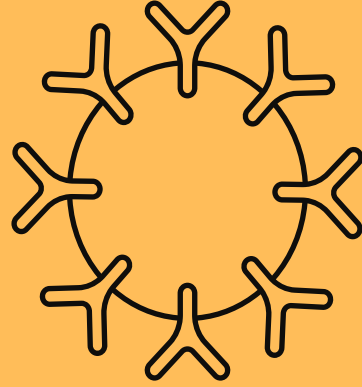
What does sleep help?



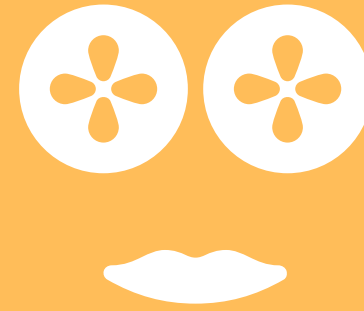
Gives time for the body and mind to recharge and repair



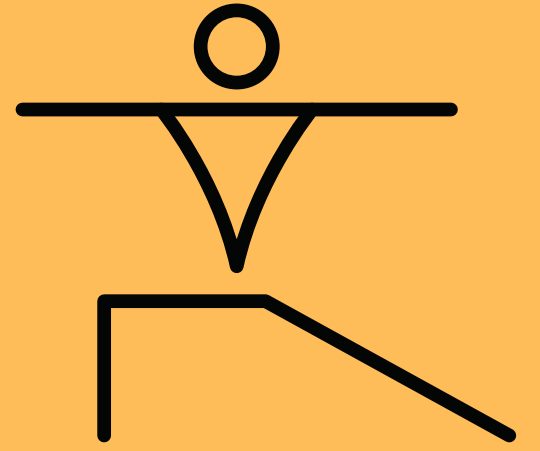
Digest and learn information from the day



Build a strong immune system so our body can fight infections and stay healthy



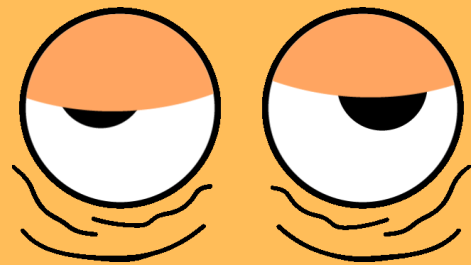
Promote healthier, stronger, clearer skin



Boost energy levels in the morning and throughout the day

What happens when we don't get enough sleep?

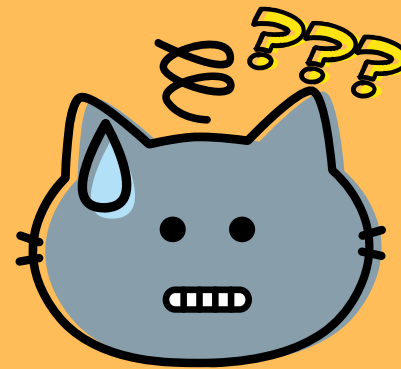
Our ability to regulate our mood decreases. This can make us feel down, lethargic, and unmotivated



Increased risk of becoming ill and poorer ability to repair injuries

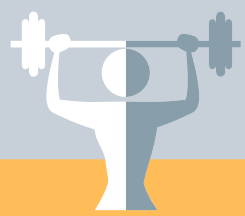


Makes concentrating difficult which can make us feel frustrated and unproductive



We can also become more irritable and increase feelings of anxiety

TOP TIPS FOR BETTER SLEEP



1. Regular exercise during the day (try to avoid strenuous activity before bed)

2. Avoid late caffeine intake



3. Get outside in the sunlight as much as possible. This helps to produce our 'sleep' hormone melatonin



4. Avoid napping during the day



5. Avoid eating big meals late at night



Avoid screen use before bed

Have a bath or warm shower

Make yourself a milky drink

Building a bedtime routine

Do a relaxing activity: reading, painting, light yoga, meditation

Have a completely dark room where possible