

# sleep yourself well

Sleep is essential for good health! A good night's sleep restores your energy and vitality, reduces stress in your body and allows you to rest, digest and repair. Moving forward it is crucial you try and implement a good sleeping routine as when you sleep, your body;

- Repairs tissue
- Allows your internal organs to rest
- Consolidates memories
- Improves your mood
- Lowers anxiety and irritability
- Strengthens your immune system
- Boosts energy production
- Balances your blood sugar levels and
- Allows you to make better choices to cope with stress

**IT IS VITAL THAT YOU GET AT LEAST 7 TO 9 HOURS OF SLEEP PER NIGHT AND ONE OF THE MOST BASIC AND IMPORTANT THINGS YOU CAN DO TO IMPROVE YOUR SLEEP, IS TO JUST GET TO BED EARLIER. EVERY HOUR OF SLEEP BEFORE MIDNIGHT IS EQUIVALENT TO 2 HOURS AND IT IS YOUR DEEPEST SLEEP DURING THE NIGHT.**

Normally your body can naturally feel tired around 9.00pm to 9.30pm. However it is common to push through this tiredness, as you are on the computer, watching TV or in your phone. The danger is when you push past this time and into the 11pm zone, you get a "second wind", a surge of adrenaline, as your cortisol levels start to rise which can leave you believing that you are a night owl who feels wired and more awake than ever. In turn when you wake up in the morning, you can feel completely fatigued and depleted before you even start your day!

**THIS WEEK FOCUS ON IMPLEMENTING A GOOD SLEEPING ROUTINE WHICH INCLUDES GETTING TO BED BY 9.30PM AND HAVING A SMALL "BEDTIME RITUAL". HERE ARE SOME OF MY TOP TIPS TO HELP YOU;**

1. Turn your computer, phone, and television off early and allow your eyes to relax in complete darkness.
2. Don't go to bed on a full stomach, eat dinner early at 5pm – 7pm and allow at least 2-3 hours before going to bed so your food can digest. In turn, don't go to bed on an empty stomach, a small "fat" snack such as nuts half hour before sleeping can stabilise your blood sugar levels during the night so you don't wake up.
3. Reduce or eliminate your caffeine, sugar and alcohol during the day and especially at night.
4. Exercise during the day or just move your body for at least 20mins.
5. Maintain a consistent bedtime ritual; go to bed at the same time every night (even set an alarm to get you into a rhythm), journal, read, sip on a calming herbal tea (chamomile, peppermint, lavender, lemon balm), meditate or do some deep breathing exercises.