

IMPROVING SLEEP

Now that you understand the science, let's put it into practice. Below are 7 sleep-supporting activities for you to try this week. Each day, try a tip from below to explore which ones you enjoy and feel the benefit of:

Rise and shine walks:

- Spend 10 minutes outside within two hours of sunrise to wake up your body with natural light.

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Sunset walks:

- Head outside for 10 minutes as daylight fades to boost melatonin with warm hues.

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Dim the lights:

- Before bedtime, keep lights and screens dim to signal your body it's time to wind down.

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Silence your phone:

- Make your bedroom quiet by turning off your phone to avoid disturbances at night.

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Morning exercise:

- Energise your day with morning exercise to avoid being too alert in the evening.

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Stick to a routine:

- Establish a consistent sleep pattern to align with your body's natural rhythm.

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Early eating:

- Skip late-night snacks, caffeine, and alcohol to maintain a healthy sleep pattern.

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