



## 8 WEEK HEALTH CHALLENGE

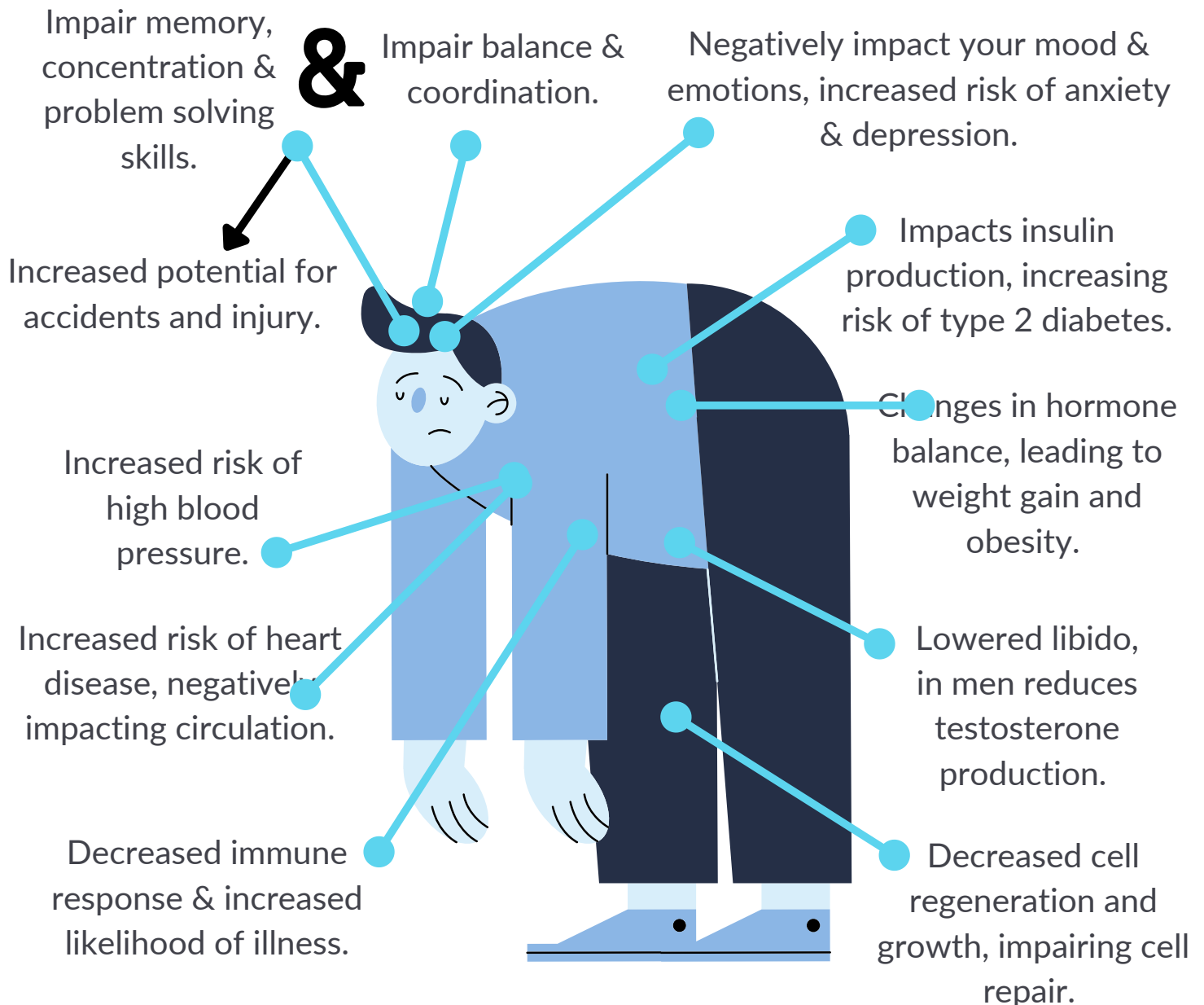
CREATE A HEALTHIER YOU

WEEK 6  
SLEEP SOUNDLY

## Week 6: Sleep Soundly

Your Challenge: Develop + utilise your sleep routine

### Poor sleep can have a negative impact on your health:



### What causes poor sleep?

- Using phone or watching TV within an hour of sleeping
- Consuming a large meal, drinking excessive amounts of alcohol or caffeinated drinks within a few hours of going to bed
- Not getting 7-8hr sleep regularly
- Disrupted sleep
- Regular use of sleeping pills
- Taking naps longer than 30mins or after 3pm

## How to sleep better:

- Develop a sleep routine to support and prepare your body for sleep
- Use a mask or ear plugs to create a dark quiet environment
- Use the bed only for sleeping
- If you don't fall asleep within 15min, get out of bed and do something else quiet, relaxing and in dim lighting.
- Exercise regularly
- Learn relaxation techniques
- Use a 'worry diary'
- Expose yourself to sunlight early and throughout the day
- Avoid devices close to sleep time
- Create a dark, cool and comfortable sleeping environment (ideally between 15-24'C)

## Example Sleep Routine:

1. TV OFF
2. Shower
3. Stretch on the bed 10min
4. Drink sleepy tea & Read 15min
5. Deep breathing wearing eye pillow 5min
6. Sleep

