

SLEEP CHEAT SHEET

CREATE THE PERFECT SLEEPING ENVIRONMENT

- Make it dark - blackout blinds or get an eye mask.
- Make it quiet - get ear buds.
- Make it comfortable - invest in a good quality mattress and bedding.
- Make it cool - room approx 18 degrees C / 65 Fahrenheit.
- Make your sleep deep - use nose strips to open your nose and mouth tape (if you can) to ensure nasal breathing.

HAVE A PRE-BED ROUTINE

- It starts in the morning- get sunlight exposure early in the day.
- No food within 3 hours of going to bed - it impacts the quality of sleep.
- No drinks within 2 hours - it will minimise waking for a pee through the night.
- No screens for last hour - it will help you get to sleep quicker.
- Charge phone away from bed - it stops you from shining blue light in your eyes and keeps your brain active.
- Do something calming - meditating, journaling, reading something not related to work - you'll sleep easier and deep.

SLEEPING AIDS

These should only be added when EVERYTHING above is done regularly (they'll add an extra few % of quality to sleep) They are not a cure-all.

- 500mg Ashwaganda - helps destress.
- 350mg Magnesium glycinate - promotes relaxation and helps sleep.
- 30 - 40mg Zinc - less wakeful.

There is no exact amount of sleep you need to get. As an adult it will be somewhere between 6-8 hours. When you can't get as much sleep focus on quality

Alcohol/drugs have a huge impact on sleep. When you drink you are sedated, not asleep.

When sleep is off it will affect recovery, hunger, decision making and mood.

Sleep is the foundation for long-term health success. It is worth investing time and effort into it

