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Sleep

One of three pillars of health!
Nutrition+ Exercise+ Sleep = Good Health

Why do we NEED TO SLEEP?

Sleep plays a vital role in keeping us healthy and strong. When our lifestyles get too 'busy', sleep is often the first thing we start to cut back on. A sleep deficiency can damage our health in the longer term, increasing the risk of chronic health problems.

Sleep is essential for our physical and mental well-being
It helps our brains work properly , improves our learning skills and helps us to manage our behaviour and emotions.

Sleep improves our physical health
While we sleep our bodies can repair and heal. Sleep supports healthy growth and development.

Sleep improves our performance and efficiency
A good night's sleep can improve your productivity during the day!
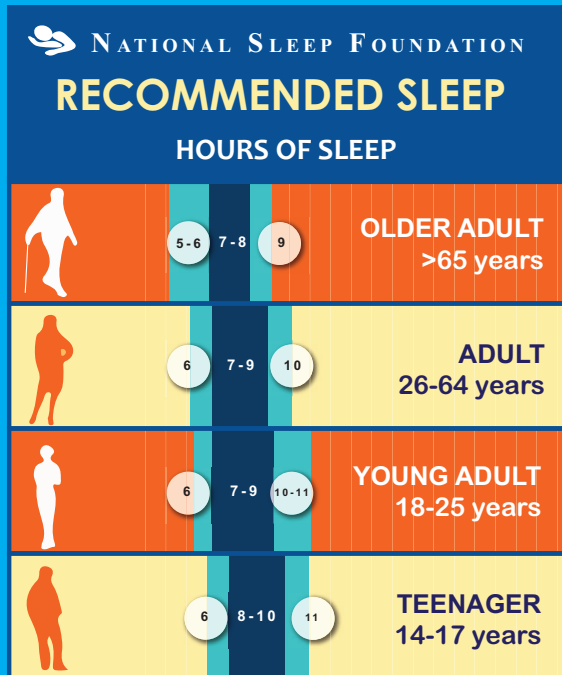
Sleep and WEIGHT CONTROL

Research suggests that there's a **link** between how much people **sleep** and how much they **weigh.** In general, people who get too little sleep tend to weigh more than those who get sufficient sleep. **Why?** People who don't get sufficient sleep may take in more calories than those who do, simply because they are awake longer and have more opportunities to eat! **A lack of sleep** also **disrupts** the balance of key **hormones** that control appetite, so sleep-deprived people **may be hungrier** than those who get enough rest each night. Another reason is that **feeling tired** makes cooking, planning meals and following a healthy eating plan seem much **more of an effort.**

Sleep is a natural and inexpensive 'detox'!
Animal studies indicate that while we sleep, the brain flushes out toxins that build up during waking hours. Sleep literally 'cleans' the brain!

NATIONAL SLEEP FOUNDATION
RECOMMENDED SLEEP
HOURS OF SLEEP

OLDER ADULT >65 years	5 - 6	7 - 8	9
ADULT 26-64 years	6	7 - 9	10
YOUNG ADULT 18-25 years	6	7 - 9	10-11
TEENAGER 14-17 years	6	8 - 10	11

Source: National Sleep Foundation

It depends on your age! Babies and toddlers need about 11-15 hours a day and school children about 9-11 hours.

Shush....no social media after 10pm. We need our beauty sleep!

If you **don't fall asleep** within **15-20 minutes**, don't stay in bed "trying harder" to drift off. Instead, **get out of bed**, leave the bedroom and do something quiet and unstimulating (such as **reading a book)** until you feel sleepy again. The longer you toss and turn in bed, the more frustrated and anxious you will become and the **longer** it will **take you** to relax, unwind and, **eventually sleep.**

Try Charlotte's tips for improving your sleep

Switch off
Wind down and power down: Try to avoid all screens about 2 hours before bedtime. This includes your mobile phone, but not your e-reader!

Exercise at the end of the afternoon
Physical exercise results in the release of chemicals and hormones that produce sleep of a better quality. One of the best times to exercise to improve sleep is in the late afternoon.

Make your bedroom a haven of peace
For me this means no screens, black out blinds, no clutter and a room temperature of about 17-18 degrees. Change your bedsheets once a week and keep the windows open during the day.

Invest in a good bed and pillows
You do spend a third of your life sleeping after all! Find a position which works for you. I like to sleep on my side with a pillow between my legs to reduce the strain on my lower back.

Eat snooze foods
Yes, you can eat carbohydrates at night and they can help you sleep as they indirectly help to increase levels of neurotransmitters which promote sleep. Select complex or low glycaemic index carbohydrates as they provide a slow and steady promotion of serotonin to ensure you have a good night's sleep. A bowl of whole wheat pasta with a tomato sauce and parmesan cheese or a comforting bowl of bean and vegetable soup are both good choices. If you react to caffeine, limit or avoid caffeinated beverages if they make you jittery.

Keep on time but stay flexible
Go to bed and get up at roughly the same times each day to keep your body clock on track and promote your natural drive to sleep, but don't get anxious if the plans change. Aim to get up at a similar time each morning as lie-ins make it harder to get to sleep the next night. Avoid napping during the day unless necessary and if you do, try not to sleep for more than 25-30 minutes.