

SleepFIT Top Tips

Sleep is critical to good health. It helps you stay focused, train harder, learn more, dodge sickness, lose weight and even look more attractive. It even helps you stay safer at work and on the road. With all these benefits, why aren't we all getting great sleep?

Your lifestyle

Everyday lifestyle habits will have a big impact on sleep as they directly affect energy level and our ability to wind down and get to sleep.

Caffeine

Caffeine is a stimulant and an energy booster. It is great for the morning but not so good at night. It is best to have no more than 200mg per day, say two caffeinated drinks. Try to avoid caffeine after lunch or as a minimum, at least 5-6 hours prior to bedtime. This includes coffee, tea and even chocolate!

Alcohol

A couple of glasses of wine won't do any harm, right? Although alcohol will make you feel sleepy and may help you fall asleep at night, it disrupts your sleep later in the night. This means there is a good chance you will wake up in the middle of the night after a few drinks. It is best to avoid alcohol at least 4 hours before bed.

Nicotine

Nicotine is a stimulant that operates in a similar way to caffeine and is an energy booster.





Diet

What and when we eat will affect our energy and our sleep. It goes without saying that the healthier and more balanced our diet, the better. Going to bed on a full stomach will impact our sleep as our body works at digesting the food. We recommend eating 3-4 hours before bedtime in order to sleep well.



Exercise

Studies have found that people sleep significantly better and feel more alert during the day if they exercise. Exercise energises you. It's best not to do intense exercise immediately before bedtime. If you haven't exercised for a long time, it may be a good idea to talk to your GP first.



Screen Time

Do you check your emails and Facebook or fall asleep while watching Netflix constantly? In the hour before bed, you should have a relaxing sleep routine. With today's 'always on' super busy lifestyles we tend to be stimulated right up until the moment we turn the lights off to sleep. Our brains and bodies need time to unwind and prepare for bedtime. Electronic devices also emit blue light, suppressing melatonin levels, and tricking our minds into thinking it is daytime. So devices down!

Your Bedroom



Invest the time and energy into this space and you will reap the rewards. Make your bedroom a place to look forward to, a retreat for rest and rejuvenation.

Bedroom Rules

Your bedroom is for two things and two things only; and one is none of our business. Remove all other distractions from your bedroom like your television, desk, computer, tablet and mobile phones.

Your Bed

Your bed, mattress, pillows and blankets must be comfortable, warm, inviting and restful. Your bed is your foundation, the important thing is to experiment until you get it right.

Temperature

Poor sleepers often report feeling hot. The ideal temperature for your bedroom is between 18-20 degrees Celsius.

Noise & Light

Reduce noise as much as possible. You may need to close a window or wear earplugs to minimise noise. Most people sleep best in a completely darkened room. Covering windows with block-out blinds or sleeping with an eye mask will help. Experiment with what will work for you. A dark room is very important for people doing shift work.