

5 tips for better sleep:

N°1

Make your bedroom a place dedicated to sleep.

Keep the room cool, around 18°C, and get into bed only when you feel tired.



N°2

We keep the rhythm!

Try to wake up at the same time all week with a maximum difference of 2 hours on weekends.



N°3

Avoid drinking any beverage too late in the evening,

Otherwise it can lead to night-time awakenings that interrupt your sleep.



N°4

Let's be zen!

Before going to bed, listen to an audio book, podcast, or a meditation app, such as: **Yoga Nidra** or **Sacred sleep**.



N°5

Don't get discouraged! Keep trying different things until you find what works for you. If you're really struggling consult your doctor, they will be able to guide you.



IMPROVE YOUR SLEEP

➔ Which most sounds like you? zzz

- It's been a long time since I had a good night's sleep.
- I never feel rested.
- I'd like some tips for better sleep.
- I'm fed up with looking and feeling tired.

➔ If you have ticked one or more of the boxes then this leaflet is for you. Together, let's discover the secrets for better sleep.

Why not just check our leaflets on physical activity and food?



Sleep isn't one size fits all!



Sleeping well improves our **wellbeing** and makes us more alert. It is recommended that adults sleep at least **7 hours** a night.

However, we all have different needs, and these can change over the course of our lives.



LIGHT OR HEAVY SLEEPER?

EVERYONE HAS THEIR OWN PACE!



→ Don't feel guilty about sleeping too much or too little.

→ Sleeping more than you need isn't necessarily a good solution.



→ It's important to pay attention to your mood and energy levels.

→ If you sleep 7 hours and wake up feeling well rested that is what your body needs.



→ However, if you regularly wake up feeling tired, it's time to change things.

DID YOU KNOW?

Our genetics condition our sleep. The duration and quality of our sleep is inscribed in our genes. That's why **everyone must listen to their individual needs and find their own rhythm.** So, trust your body!



LISTENING TO MY BODIES SIGNALS:

If you feel these signals during the day, it's probably because you're lacking sleep or it's not beneficial enough:

- Heavy eyes
- Tingling sensation
- Yawning
- Falling asleep in front of a screen
- Loss of attention during a conversation



Don't be afraid to talk to your GP if you notice any of these signs.

A close look at sleep apnoea and anxiety



SLEEP APNOEA: WHAT IS IT?

Sleep apnoea is when you're breathing stops and starts whilst you sleep. This causes 'micro awakenings' which we are often unaware of and that reduce the quality of our sleep. If you think you might have sleep apnoea you should reach out to your GP.

Other signs for sleep apnoea include loud snoring or snorting in your sleep and feeling headache, tired, moody and struggling to focus during the day.



ANXIETY AND INSOMNIA - A CYCLE

We often don't realise that anxiety and poor sleep are linked.

The vicious cycle:

- 1 We have anxiety in our daily life.
- 2 This worry means we struggle to sleep well.
- 3 Lack of sleep then makes our anxiety worse.
- 4 The cycle repeats.



Breaking the cycle!

Improving your wellbeing can help reduce anxiety and sleep at the same time. Read our leaflet 'Take care of yourself' for tips on self-care. If you are struggling with anxiety don't hesitate to reach out to your GP.