

# Good Sleep Advice

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## Why sleep is important



Poor sleep is linked to mistakes at work and increased time off sick



Sleeping well improves your mental health



Sleeping well improves your physical health



Not getting enough sleep is associated with overeating and weight gain

## Do's

- ✓ Prioritise your sleep. You should aim to get 7-9 hours of sleep each day.
- ✓ Get outside every day to get bright sunlight in the morning/midday
- ✓ Have a wind down time in the hour before bed
- ✓ Make time to write down a to-do list or your worries earlier in the day
- ✓ Try some relaxation techniques to help sleep

## Dont's

- ✗ Don't drink caffeine within 6 hours of sleep
- ✗ Don't have phones or a visible clock in your bedroom
- ✗ Don't use alcohol to aid sleep - sleep quality suffers
- ✗ Don't use your bed for work or watching TV
- ✗ Don't exercise too close to bedtime - instead exercise earlier in the day