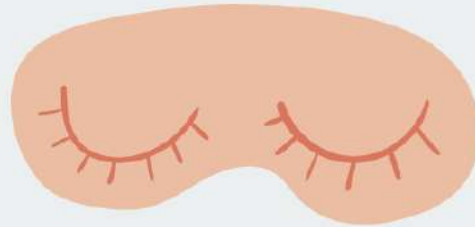


SLEEP HYGIENE

What is it?

Sleep hygiene refers to the routine and environment you create in order to get a good night of sleep. This can include tasks you perform before bedtime and understanding how you physically sleep in the bed.

Not being able to sleep is normal, but it does not feel great and often impacts the rest of our lives. Improving sleep hygiene can help improve sleep and keep us well rested.



Common Sleep issues

- Difficulty settling at the start of the night
- waking through the night
- Waking early to start the day
- Not falling asleep until late
- Difficulty getting up
- Daytime tiredness

Importance of sleep

- Mental health
- Helps prevent Physical health conditions & obesity
- improves concentration and learning
- recharge our bodies
- improves memory and productivity
- keeps immune system strong
- Helps regulate emotions