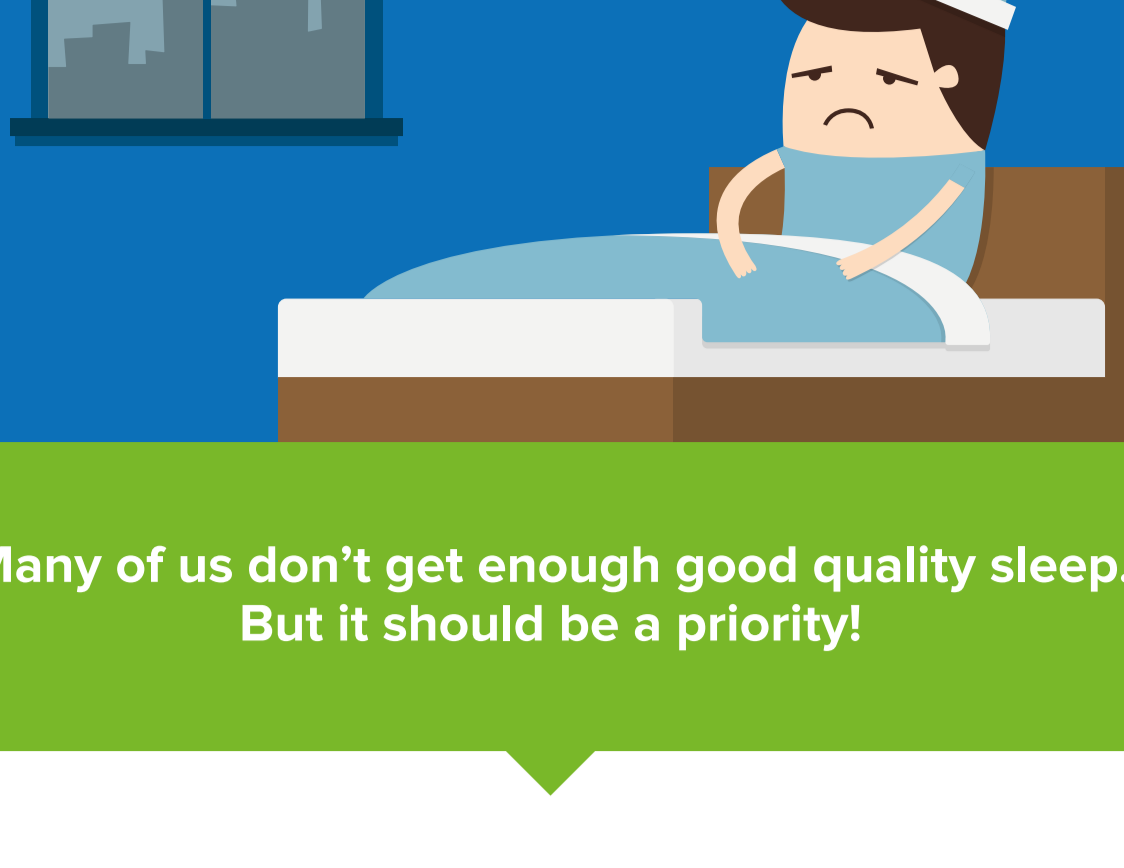
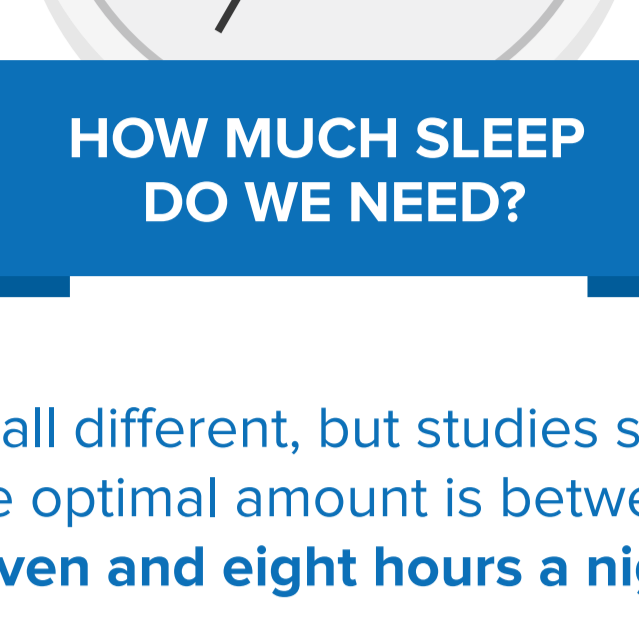


HOW TO GET A BETTER NIGHT'S SLEEP!



Many of us don't get enough good quality sleep. But it should be a priority!



We're all different, but studies suggest the optimal amount is between **seven and eight hours a night.**

(Source: 'Mortality Associated With Sleep Duration and Insomnia,' Archive of General Psychiatry, (2002) [online]. Accessed 16 September 2019.)

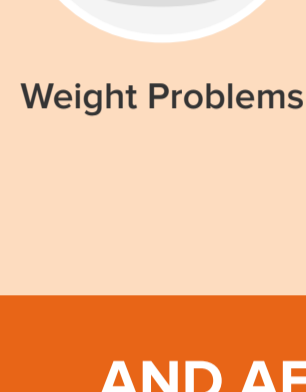
IF YOU DON'T GET ENOUGH SLEEP, IT CAN AFFECT YOUR BODY



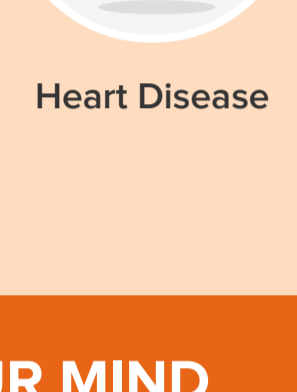
Diabetes



Depression

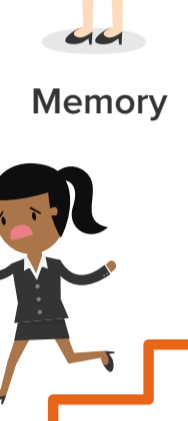


Weight Problems

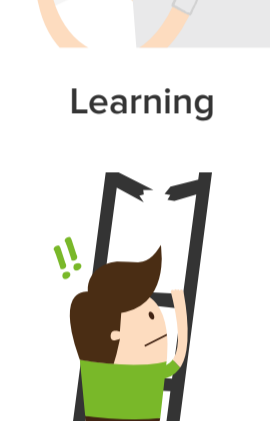


Heart Disease

AND AFFECT YOUR MIND



Memory



Learning



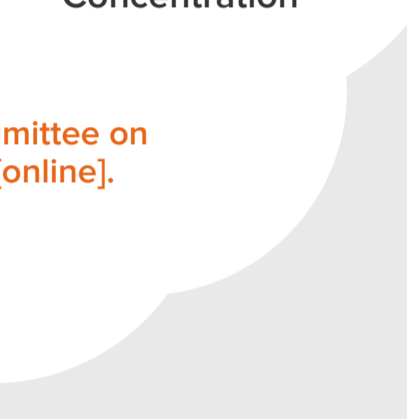
Creativity



Productivity



Emotional Stability



Concentration

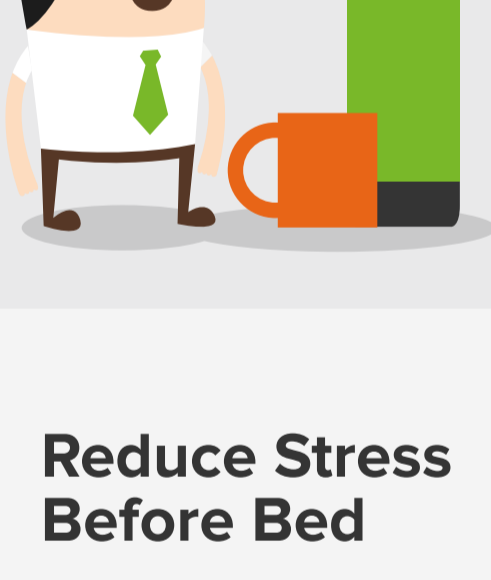
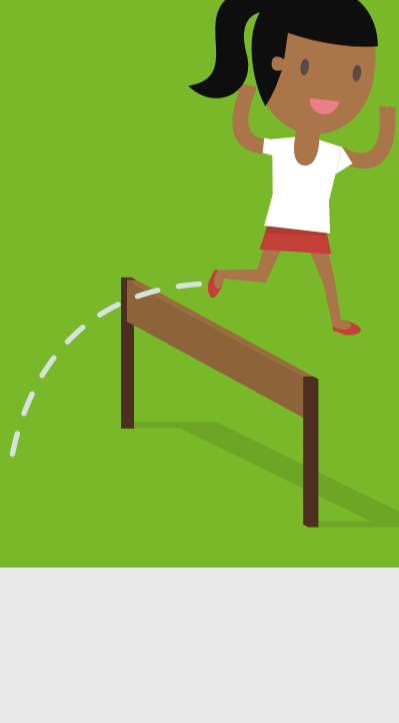
(Source: Institute of Medicine (U.S.) Committee on Sleep Medicine and Research (2006) [online]. Accessed 16 September 2019.)



TRY THESE TOP TIPS FOR IMPROVING YOUR SLEEP

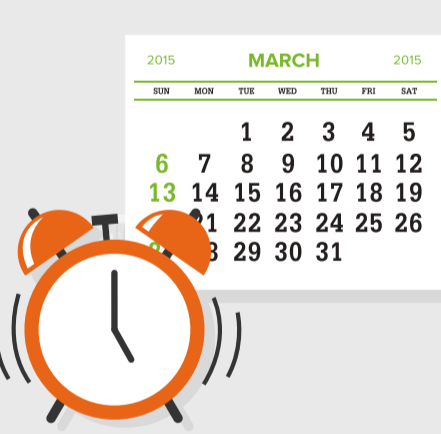
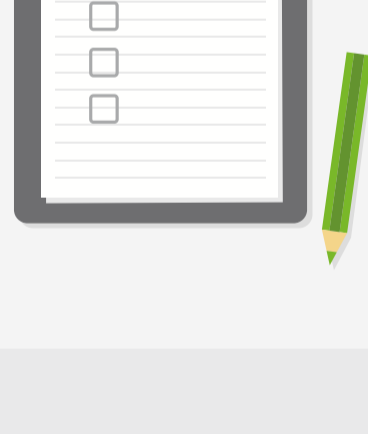
Exercise Regularly

Just 20 to 30 minutes a day can help, especially if you can get outdoors in natural light.



Avoid Large Meals, Caffeine and Alcohol in the Evening

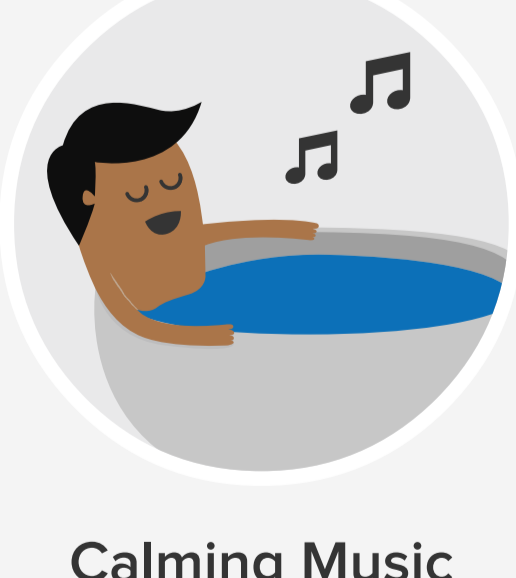
If you have a To-Do List, take a moment to proudly reflect on all that you have accomplished that day.



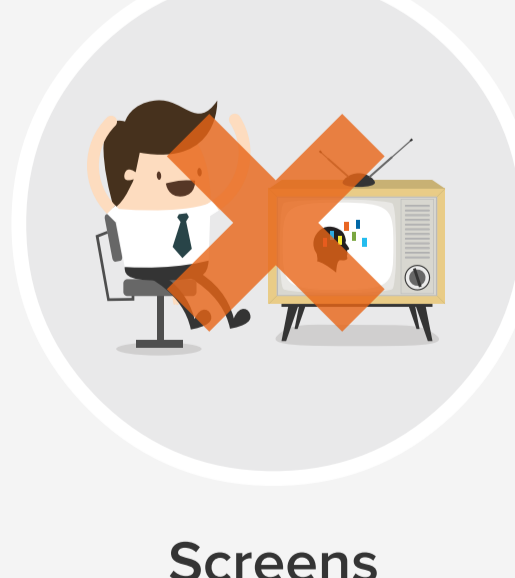
Establish a Regular Sleep Pattern

Go to bed and wake up at the same time every day.

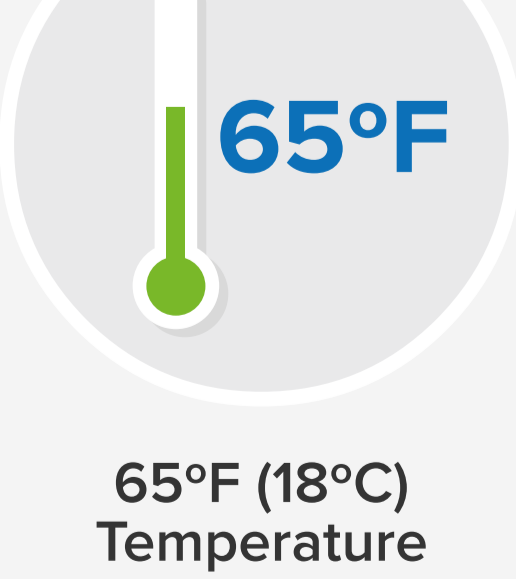
Create the Right ENVIRONMENT



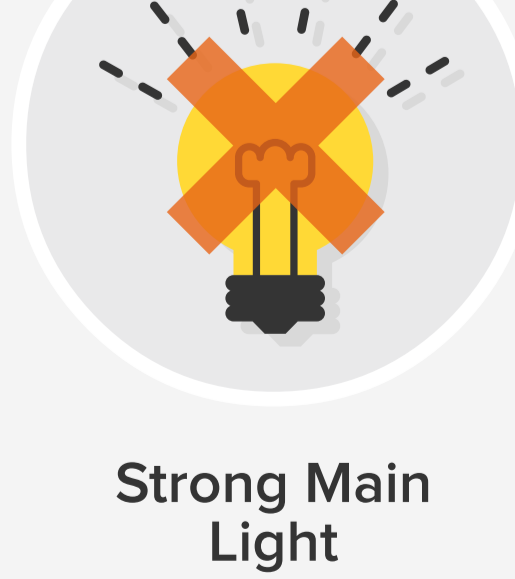
Calming Music



Screens



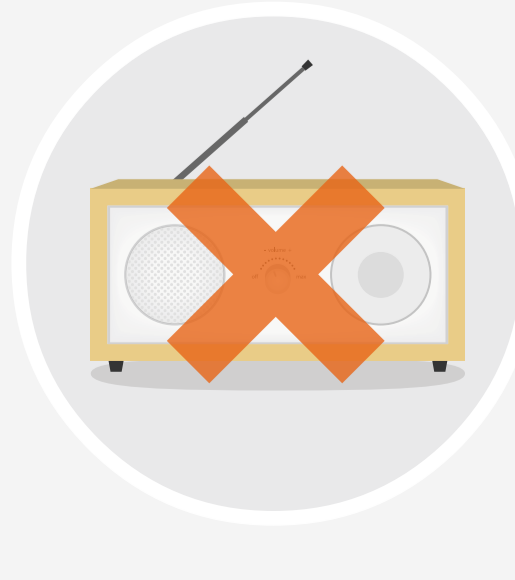
65°F (18°C) Temperature



Strong Main Light



Black-out Blinds



Noise

To find out more visit www.mindtools.com/sleep

MindTools

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