



# Isle Listen

Sleep



Sleep is the universal medicine to better wellbeing. It boosts your mood, allows you to think clearly and make positive decisions, as well as improving your immune system. It's easy for us to compromise on our sleep habits during this time, when arguably this is when we need it most!

Here are some helpful tips to get you back on track:



**Do your best to avoid excessive caffeine and alcohol consumption, particularly later in the day, e.g. after 3pm.**

Despite this, make sure you keep hydrated, aim for 2 litres of water through the day. Try not to drink too much before you go to sleep, as this will help stop you waking up in the night, improving your sleep quality.



**Try not to have a very hot shower or bath right before you plan on going to sleep.**

For a quality sleep, you need you and your environment need to be the right temperature, which is usually slightly cooler than you would be normally. Think about the PJ's you wear, how many blankets are on your bed, or whether you need to open a window half an hour or so before you want to go to sleep.



## **Avoid high intensity exercise near bedtime.**

Hard exercise releases the hormones adrenalin and cortisol, which will prevent you from relaxing and feeling ready for sleep. Try exercising during the day, rather than in the evening.

In the bottom right corner of the slide, there are two decorative circles: a large light blue one and a smaller light pink one.



**You can try listening to white noise, either while you're going to sleep or before bed.**

White noise is simply background noise that minimises noise disruption, which prevents you waking up and makes it easier to fall asleep. Lots of people use 'rain sounds' or the sound of waves breaking on a beach for this. This is known to work well for babies and children.



## **Routine is extremely important.**

Try to do the same things before bed each evening, and wake up at the same time each day. Avoid things like bright screens or falling asleep while watching TV as 'blue light' produced by these decreases your melatonin, which makes it more difficult to sleep..



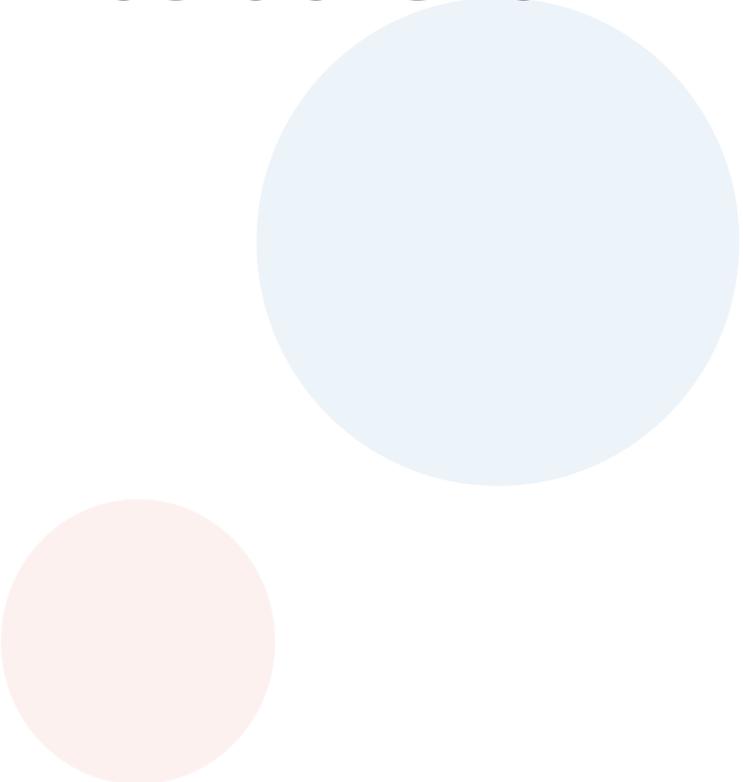
## **Make your bedroom conducive to sleep.**

Make sure it's dark enough through the summer months and tidy up a bit during the day so it's clean and not cluttered. Try to avoid things like working in the bedroom and use it only for sleep.



**Try some deep breathing or mindfulness before bed.**

This induces relaxation, which can help you fall asleep. It also reduces levels of hormones that make it more difficult to sleep such as adrenalin and cortisol.





*'Sleep is as important to our health as eating, drinking and breathing. It allows our bodies to repair themselves and our brains to consolidate our memories and process information.'*

*- Mental Health Foundation*

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