

Getting a Good Quality Sleep

Why do you need good quality sleep?

- Having a decent nights sleep allows your body to recharge from daily activities
- Some Doctors say that good quality sleep doesn't always mean a long sleep. "Deep Sleep" is the best quality sleep you can get and this often occurs in the first five hours after falling asleep. Sometimes longer sleep doesn't always mean a better sleep.
- Good quality sleep helps boost your energy and concentration levels, immune system, improves your overall health and wellbeing and reduces stress.



Simple sleep strategies

- Get up when you first wake, get some fresh air or do some physical activity to get your day started and your body moving.
- Avoid napping during the day as you will be less tired when you do go to bed
- Limit your daily caffeine intake, especially after 4.00pm
- Avoid alcohol and smoking before bed. Alcohol causes you to wake more frequently during the night and smoking stimulates your nervous system.
- Allow yourself to wind down and relax for at least 30 minutes before bedtime.



What's keeping you awake at night?

- If you are worrying about things during the night, set yourself aside some time during the day for problem solving.
 - It may also help to keep a notepad beside your bed to write down things to do or remember for tomorrow.
 - Also take note of your sleep habits - when you wake and how often. This information will be very useful to your GP if your sleep problems persist.
- Daily exercise and a balanced diet is very helpful in regulating your sleep.
- Make your bedroom a quiet, cool place that your body can associate with sleep.



Monday Motivation is presented to you by Suncare Community Services - Drought Relief Program

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