Top Tips for a Good Night's Sleep

1. Daylight

Sunlight during the day boosts the sleep hormone melatonin at night

Get 15 minutes of daylight (without sunglasses) every day

2. Ditch Stimulants

- Coffee, chocolate, soft drinks, energy drinks, non-herbal teas, diet pills
- Check medications for caffeine as they can affect sleep pattern

3.Balance Blood Sugars

- Avoid alcohol in the evening as it will cause blood sugars to drop during the night and wake you up
- For the same reason, minimise refined carbs and sugar with your evening meal

4.Exercise

Exercise provides a natural boost to our body's serotonin levels, which then improves sleep quality at night

- Stretches and relaxation for 10-15 mins before bed
- 15 mins of resistance / HIIT training every day
- Not too close to bedtime

5. Good Sleep Hygiene

Blue light from phones, computers and TV screens can disrupt our natural body clocks by suppressing the production of sleep hormones

- Relax for 15-30mins before bed with no electronic equipment
- Go to bed and wake up around the same time
- Turn your phone onto Airplane mode
- Try a magnesium bath / foot soak (Epsom salts)

6. How Much to Eat and When

- Main meal at least 2 hours before you sleep
- Only have 3 meals per day (plus protein based snacks if required)

Night Shift:

- Have a light 5pm meal, containing protein & vegetables
- Make the midnight meal your main meal, full of vegetables
- Keep hydrated

7.Sleep Friendly Foods – containing magnesium, tryptophan or melatonin

Legumes
black, kidney and butter beans, lentils

Green leafy vegetables
kale, cabbage, broccoli, chard, spinach, rocket, watercress lettuce, peppers, tomatoes

Grains
brown rice, oats

Meat
chicken, turkey

Bananas, cherries, kiwi, raspberries

Fish
salmon, shellfish, halibut, mackerel, cod, eggs, cottage cheese

Nuts and Seeds

6-8 glasses of water per day

Perfect Bedtime Snacks

Oatcakes with nut butter or cottage cheese and kiwi
Small handful of walnuts or almonds
Small bowl of oatmeal

Supporting Sleeptember

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