

# REST

Our bodies need regular periods of rest in order to recover from the physical demands placed upon them. Improving sleep quality through a good sleep environment and routine is one of the most important actions you can take.

## **Your sleep environment**

Your bed, mattress and pillows should be comfortable and supportive.

Your bedroom should be as dark as possible and cool, between 18-20°C.

## **Good sleep routine**

Get as much natural daylight as possible while awake.

Exercise and eat regularly (main meal not 2 hours before bed).

Minimise alcohol, caffeine and nicotine use .

Aim to go to bed and get up at roughly the same time each day.

Limit use of electronic items for 30-60 minutes before going to bed.

Avoid spending long periods of time awake in bed, and if unable to sleep, you should get up and do something relaxing.

