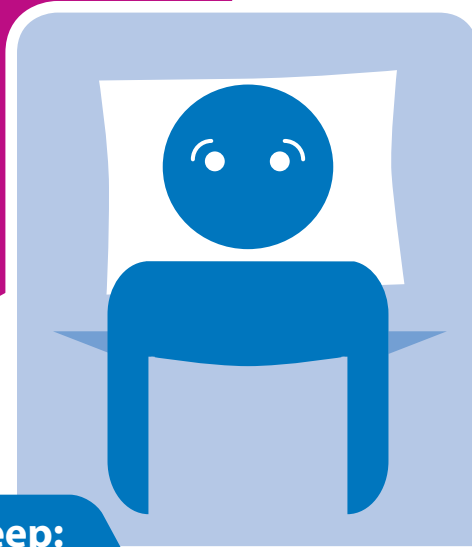


# Sleep

Most adults need 7-9 hours of sleep every night, however, 1 in 3 adults do not get enough sleep.



## Poor sleep can cause:

- Accidents
- Breathing
- Hormone imbalance
- Memory and cognitive issues
- Increased appetite and unhealthy eating
- Inflammation
- Stress
- Weight gain

## Tips for getting more sleep:



Avoid long naps (over 30 minutes) in late afternoon or evening



Go to bed and wake up at the same time every day, even at weekends



Find ways to relax before bed each night



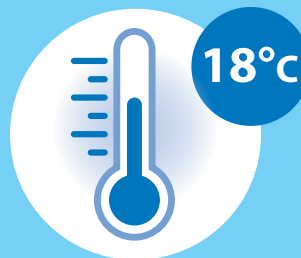
Avoid using TVs, tablets and phones before bed, preferably, keep the devices out of the bedroom



Do not eat large meals or drink caffeine or alcohol late in the day



Exercise at regular times each day, but not within three hours of your bedtime

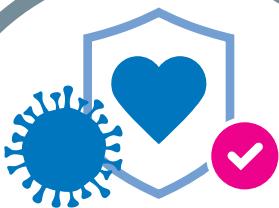


Keep your bedroom cool (around 18°C) and alter your duvet tog to suit the temperature



Do not sleep with your pets

## Benefits of good sleep:



Healing and repair of cells, tissues and blood vessels  
Stronger immune system  
Less risk of chronic disease



More creativity and productivity  
Improved mood and energy



Better brain function  
Better ability to build muscle  
Quicker reflexes  
Healthy growth and development and recovery

If you feel your sleeping habits have changed recently, please discuss with your healthcare professional.