
Well-being - Good Sleep

Benefits and Tips for Good Sleep

4 Pillars of Well-being

1. Positive Mindset (Positive Influences, Confidence, Resilience)
2. Good Sleep
3. Physical Activity
4. Healthy Eating

Why Wellbeing?

- Bad news surrounds us
- Negativity
- Life Challenges
- Unexpected happenings
- Sources - people, own mindset, Covid 19, news stories, social media influences, college work, employment prospects, financial challenges, ill health..

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Q. Who & what are the positive influences in your life right now?

Q. If there is no one. Where do you think you can find them?

Q. Who or what are the negative influences in your life right now?

Q. Who can you start being a positive influence to?

GOOD SLEEP Benefits

- 1. Reduces stress levels - stress produces cortisol, sleep removes it.**
- 2. Preserves & builds good relationships - ie. not as short tempered**
- 3. Improves your mood, aids your mental health**
- 4. Improves learning and storing of memories (Good for education!) - when sleeping brain processes what you have done and files it away**
- 5. Keeps your heart and weight healthy - keeps BP low, some scientific research has shown good, deep sleep produces a hormone that tells your brain you are full**
- 6. Keeps your immune system strong - during sleep your body produces proteins, repairs cells and strengthens your immune system.**
- 7. A good night's sleep is just as important as a healthy diet and regular exercise**

GOOD SLEEP Tips

1. **keep in Sync** - If you struggle with sleep, try to get in the habit of waking up and going to bed at similar times. After several weeks, you may not even need an alarm! So 8 hours sleep may look like, 10pm - 6am, 11pm - 7am
2. **Control exposure to light** - have your room as dark as possible. Also during the day get outside so you are exposed to natural light. Your body has a natural time-keeping clock known as your circadian rhythm It affects your brain, body, and hormones, helping you stay awake and telling your body when it's time to sleep. Natural sunlight or bright light during the day helps keep your circadian rhythm healthy. This improves daytime energy, as well as nighttime sleep quality and duration.
3. **Exercise** - this could be simply a brisk walk for 20-30 minutes, get outside regardless of weather conditions.

4. **Stay away from bright screens** at least 1 hour before bedtime, preferably two hours :) Do you have a TV in your room? Do you go to sleep with the TV on? Do you use a laptop in bed until you fall asleep? Do you sleep with your smartphone switched on next to your bed, responding to the pings? Blue light exposure — which electronic devices like smartphones and computers emit in large amounts — is the worst in this regard. Maybe read a book? Listen to music?

5. **Limit how much (bad) news** you watch

6. **Limit alcohol & caffeine intake** - after consuming alcohol your quality of sleep is affected its more like sedation than natural sleep. Likewise caffeine has its benefits but not for good sleep. Minimum of 6 hours before your bedtime avoid caffeine products, coffee, tea, energy drinks (limit these to one a day, if you must use them).

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7. **Hot shower/bath before bedtime** - 60-90 minutes before bedtime. When you cool down after a hot shower, this drop in temperature helps signal to the brain through thermo-regulation that it is time to go to sleep.
 8. **Write down your thoughts before bed**, then close the notebook, saying I will look at that tomorrow - your to do list, college assignments, your worries & concerns. Write them all down, then put them aside.
 9. **Limit daytime napping** - max 1x20 min nap a day - anymore will disrupt your sleep pattern.
 10. **Noise reduction, bed comfort, room temperature** - I am aware you may have less control other these factors but if you can make adjustments here do so.