



SLEEP WELL TIP SHEET

Sleep is one of the most powerful tools we have for staying effective and resilient. During times of high pressure or uncertainty, getting enough restorative sleep becomes even more important. Most adults need 7–9 hours of sleep, but the quality of that sleep matters just as much as the quantity. Deep, uninterrupted sleep helps your brain recover, steady your thinking, and keep you functioning at your best.

Set a Consistent Sleep Schedule

Try going to bed and waking up at roughly the same time each day - yes, weekends count. Your body loves rhythm and giving it a predictable routine makes drifting off (and waking up) much easier.

Wind Down Your Body and Mind

Spend the last 30–60 minutes of your day easing into sleep - gentle stretching, light reading, dimming the lights, or anything that slows the pace. If your thoughts are doing laps, try journaling or slow breathing to park the mental chatter. It's all about signalling to both body and mind that the day is done.

Dial Down the Screens (Yes, Even the TV)

Try switching off phones, laptops, tablets - and the TV - at least 30 minutes before bed. Blue light is sneaky: it tells your brain it's still daytime, and even 'relaxing' TV can keep your mind more alert than you think.

Keep Your Room Cool and Dark

Aim for cave vibes: cool, dim, and quiet. Most people sleep best at around 18–20°C. An eye mask, blackout curtains, or even a rolled-up towel under the door can help keep things dark and restful.



Be Mindful with Caffeine

Try avoiding caffeine after 1–2 pm. Caffeine has a half-life of 5–6 hours, meaning your mid-afternoon flat white might still be dancing in your system at bedtime. Keep it earlier to help your body wind down.

Move During the Day

A bit of movement goes a long way. Walks count, stretching counts - anything that gets your body going helps build healthy 'sleep pressure' so you're naturally ready to switch off at night.

Get a Little Morning Light

Try to get outside or open your curtains within the first hour of waking - even a few minutes helps. Morning light acts like a reset button for your body clock, boosting daytime alertness and helping your brain know when to start winding down later.

Go Easy on Late Meals and Drinks

Heavy meals and alcohol can interrupt deep sleep - even if they help you doze off initially. Alcohol is actually a sedative, which knocks you out rather than easing you into natural, restorative sleep. It reduces REM sleep and causes more tossing, turning, and early morning waking. Keeping things lighter close to bedtime helps you stay asleep, not just fall asleep.

A GOOD DAY BEGINS THE NIGHT BEFORE!