

SLEEP HYGIENE

THE FOUNDATION OF REST, REPAIR & RESILIENCE

*Quality sleep is not a luxury.
It is essential for your body and mind to function.*

WHY SLEEP MATTERS

Sleep is when your body gets to work restoring and balancing.

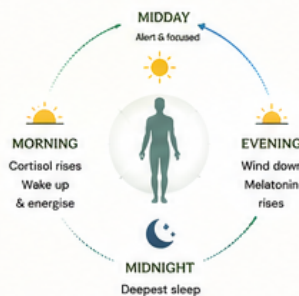
Good quality sleep supports:

- ✓ Hormone balance
- ✓ Immune function
- ✓ Memory & learning
- ✓ Mood & emotional wellbeing
- ✓ Heart health
- ✓ Healthy blood sugar
- ✓ Weight management
- ✓ Cell repair & regeneration

Consistently poor sleep is linked with increased risk of chronic disease, inflammation, anxiety and weight gain.

YOUR CIRCADIAN RHYTHM

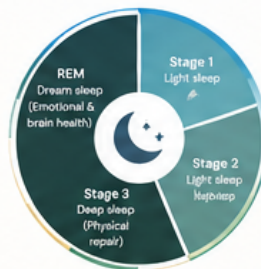
Your 24-hour body clock.



Light exposure, meals, activity and sleep all help regulate your internal clock.

THE SLEEP CYCLE

We cycle through 4-6 times a night.



Deep sleep restores the body. REM sleep restores the mind.

SIGNS YOU MAY NOT BE GETTING ENOUGH QUALITY SLEEP

- | | | | |
|--|--|---|---|
| PHYSICAL <ul style="list-style-type: none"> • Fatigue • Low energy • Headaches • Muscle tension • Frequent illness • Sugar cravings | MENTAL <ul style="list-style-type: none"> • Brain fog • Poor concentration • Forgetfulness • Low motivation | EMOTIONAL <ul style="list-style-type: none"> • Irritability • Anxiety • Low mood • Feeling overwhelmed | BEHAVIOURAL <ul style="list-style-type: none"> • Relying on caffeine • Poor food choices • Less exercise • Procrastination |
|--|--|---|---|

DID YOU KNOW?

- One night of poor sleep can:
- Reduce insulin sensitivity
 - Increase appetite
 - Impair memory
 - Reduce reaction time
 - Increase stress hormones

Your body starts to pay the price quickly.

HORMONES & SLEEP

Sleep helps regulate many hormones:

- MELATONIN** – controls sleep-wake cycle
- CORTISOL** – should be high in the morning, low at night
- GROWTH HORMONE** – released during deep sleep for tissue repair
- LEPTIN** – signals fullness (rises with good sleep)
- GHRELIN** – signals hunger (rises with poor sleep)
- INSULIN** – sensitivity improves with good sleep



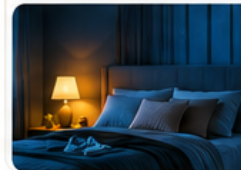
DID YOU KNOW?

7-9 hours of quality sleep each night is linked to better mood, stronger immunity, improved weight management and greater longevity.

BUILD BETTER SLEEP, NATURALLY

CREATE A SLEEP FRIENDLY ENVIRONMENT

- Cool, dark, quiet room (16-19°C ideal)
- Comfortable mattress & pillows
- Use blackout blinds
- Minimise noise
- Keep clutter out of the bedroom



MANAGE LIGHT EXPOSURE

- Morning sunlight helps set your clock
- Natural light during the day boosts energy
- Dim lights in the evening
- Avoid bright screens 1-2 hours before bed



ESTABLISH A WIND DOWN ROUTINE

- Aim for 30-60 minutes
- Read, stretch, meditate
- Take a warm bath
- Gentle breathing
- Listen to calming music
- Journaling



WATCH WHAT YOU EAT & DRINK

- Avoid caffeine after 2pm
- Avoid alcohol close to bedtime
- Eat your last meal 2-3 hours before bed
- Choose a light, balanced evening snack if needed



NATURAL NUTRIENTS THAT SUPPORT RESTFUL SLEEP

MAGNESIUM



Supports relaxation and reduces muscle tension.
Foods: leafy greens, nuts, seeds, beans, whole grains

OMEGA-3 FATS



Support brain health and help regulate melatonin.
Foods: oily fish, walnuts, flaxseeds, chia seeds

TRYPTOPHAN



Amino acid needed to make serotonin and melatonin.
Foods: turkey, eggs, seeds, nuts, oats, dairy

B VITAMINS



Support nervous system and energy production.
Foods: whole grains, legumes, eggs, green vegetables

ZINC



Supports melatonin production and immune health.
Foods: pumpkin seeds, chickpeas, beef, cashews

VITAMIN D



Low levels linked to poor sleep quality.
Foods: oily fish, eggs, mushrooms, fortified foods, sunlight

RELAXATION & BREATHING TECHNIQUE

4-7-8 BREATH

- Breathe in through your nose for 4 seconds
- Hold for 7 seconds
- Breathe out through your mouth for 8 seconds
- Repeat 4 times

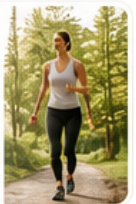
This activates your body's relaxation response.



MOVEMENT DURING THE DAY

Regular movement improves sleep quality and helps reduce stress.

- Aim for at least 30 minutes most days
- Morning or daytime exercise is ideal
- Avoid intense workouts late at night



SAMPLE EVENING WIND DOWN ROUTINE (EXAMPLE)



HOW MUCH SLEEP?

Most adults need 7-9 hours of quality sleep each night.
Everyone is unique. Listen to your body.

REMEMBER

Small changes create big results over time. Better sleep leads to more energy, better mood, hormone balance, stronger immunity and a healthier, happier you.

DID YOU KNOW?

Your body does most of its repair, detoxification and cell regeneration while you sleep.

DID YOU KNOW?

Deep sleep helps clear waste from the brain, supporting memory and cognitive function.

DID YOU KNOW?

Good sleepers have stronger immune systems and lower inflammation markers.