

# REST & RELAXATION.

WEEK 2



Rest and relaxation is a fundamental part of staying healthy and strong and contributes to our happiness and sense of wellbeing. An important aspect of this is ensuring we are getting enough good quality sleep, as without it, it impacts every facet of our health.

## Sleep hygiene tips:

- 1. CONSISTENCY:** Go to bed and get up at the same time each day.
- 2. SWITCH OFF:** Keep your bedroom a device free zone, or at the very least, switch everything to night mode when you sleep.
- 3. CAFFEINE FREE ZONE:** Avoid caffeine after lunch, avoid nicotine and cut out alcohol.
- 4. ATMOSPHERE:** Ensure your bedroom is a relaxing zone by keeping it dark, cool, and quiet.
- 5. ROUTINE:** Create a relaxing night-time routine and reduce or avoid screen-time.

