SLEEP

A GUIDE TO SLEEP BETTER

Do you wake up feeling energised or like a walking zombie?

Having a good night's sleep allows you to wake up feeling refreshed and go through the day with full alertness.

INSUFFICIENT SLEEP LEADS TO..

Weight Gain

Research has shown that lack of sleep increases hunger and food intake. It also increases your cravings for high-fat and high-carbohydrate foods leading to weight gain.
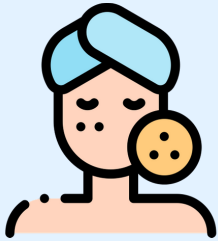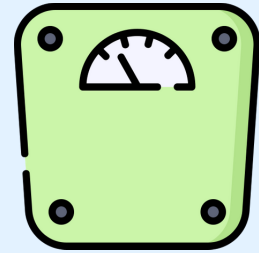
Aging Skin

Insufficient sleep leads to an increase in the stress hormone cortisol, resulting in aged and dull skin, and dark circles under the eyes. Sleep is a natural way of repairing and renewing your body.

Difficulty in Learning

Your mind repairs cognitive processes and "consolidates" memories when you sleep. Lack of sleep leads to difficulty remembering what you have learned or done during the day, resulting in forgetfulness.

Poor Judgement

Research has shown that individual with less than 6 hours of sleep continue to do badly in mental alertness and performance tests as lack of sleep can affect your ability to assess situation accurately and act wisely.
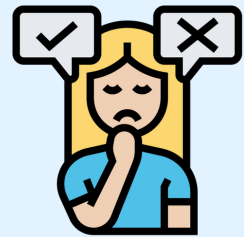
HOW TO SLEEP BETTER?

Aim for **7 TO 9 HOURS** of sleep everyday!

Keep your nap in the day within 30 to 45 minutes

Remove artificial light from electronic devices

Wind down. Dim the lights, listen to soft music or read a book

Adjust the temperature of your bedroom to allow you to sleep more comfortably

Play white noise, nature sounds or calming music

Maintain sleeping hours. Sleep at the same time every day, including weekends

Use shades, eye masks or earplugs

Avoid using electronic devices 30 minutes before sleep time

✔️ **Change your diet**
Don't starve or take heavy meals before sleep

Take last meals of the day no more than 2 to 3 hours before bedtime

Increase intake of food with tryptophan, such as chicken, eggs, fish and nuts

Cut down on caffeine, alcohol and chocolate intake

✔️ **Exercise regularly**