

REST HUB

Sleep Ready

Sleep Hygiene: Tips for a good night's sleep



PRIORITISE NIGHTTIME SLEEP

Sleep quality is highest when the majority of sleep is obtained at night. Where needed, supplement nighttime sleep with daytime naps.

STRATEGICALLY NAP

Naps can be used to 'top-up' nighttime sleep. Naps should be 20-90 minutes long, ideally occur between 1-4 pm, and finish ≥ 60 minutes before exercise.

HAVE A ROUTINE

To help prepare the body for sleep, aim to go to bed and wake up at a similar time each day (± 30 minutes).

OPTIMISE YOUR BEDROOM

Aim for a dark, quiet, cool (18-21 °C), and comfortable room.

WIND DOWN

Find it hard to switch off? Trial relaxation techniques and dedicate time each day to relax and unwind.



MINIMISE ARTIFICIAL LIGHT

During night hours, avoid, dim, or use warm rather than bright lighting. Avoid excessive device use before bed.

AVOID INAPPROPRIATE NAPPING

Avoid napping too late in the day or for too long. Daytime naps should not interfere with either falling asleep or staying asleep at nighttime.

MANAGE STRESS

Use a to-do list to assist with organisation, winding down, and reducing overthinking when trying to sleep.

FOOD & FLUID

Avoid caffeine later in the day and avoid large volumes of food and fluid before bedtime.

BE TRAVEL READY

Long-haul travel can disrupt sleep. If crossing ≥ 3 time zones, use a jet lag adaptation plan to reduce time spent jet lagged.



WHAT IS GOOD SLEEP?

Indicators of 'good' sleep include:

- > Falling asleep within 10-30 minutes.
- > Sleeping through the night with brief awakenings and falling back to sleep quickly.
- > Feeling refreshed within ~1 hour of waking, most days of the week.



RESTLESS?

- > Difficulty getting to sleep or waking during the night can be common.
- > Generally, this is not cause for concern.
- > Use a relaxation strategy and wait for the next wave of sleepiness to arrive.



DIFFICULTY FALLING A SLEEP?

If lying in bed is:

- > **Relaxing:** continue to do so. Being in a restful state can help initiate sleep.
- > **Not relaxing:** briefly perform a quiet activity out of bed in low lighting, before returning to bed to attempt sleep.

Experiencing ongoing sleep challenges? Consult a relevant practitioner.