

## SLEEP TIPS

Good quality sleep is crucial for recovery. When you sleep your body isn't only resting but it is also helping to repair and rebuild your muscles. Getting a good night's sleep also helps you to perform and make better choices the next day. 8-9 hours a night are what's recommended but we are all different. Listen to your body if you are tired and sleepy. The tips outlined here are to help you get a good night's sleep.

1. Open a window and turn the heating off in the bedroom. The ideal temperature is around 16-18oC



2. Wind down. Your body needs time to shift into sleep mode, so spend the last half an hour before bed doing a calming activity such as reading.



3. Jot your worries down. Ideas and thoughts can keep you up so just write them down as this can relax the brain and help you switch off



4. Take 30 ml of Cherry Active 30-40 min before bed as this can increase melatonin which can promote sleep



5. Avoid eating 2 hours before bedtime and if you do - keep the meal or snack small



6. Avoid caffeine after 5pm – or altogether if you still struggle to sleep



7. Have a hot bath before bedtime. Research shows that a bath will initially increase core temperature but then when you get out of the bath it will quickly lower body temperature and this can help you fall asleep.



8. Avoid watching TV, using your phone or iPad at least ~45 minutes before going to bed. These give out blue light which will stimulate your brain and keep you awake.



9. Traditional drinks such as hot milk and chamomile tea can act as placebos and help promote sleep



10. Visualize yourself asleep. Imagine yourself drifting off while practicing deep breathing and progressive muscle relaxation. Starting at one end of the body and working up or down, clench and then release each section of muscles for instant relaxation.



11. The smell of Lavender has been shown to help you sleep



12. Eat a small 150 kcal carbohydrate snack such as a slice of toast with honey or a cereal bar. A small amount of carbohydrate before bed has been shown to help you fall asleep. Avoid chocolate though as this can contain some caffeine.

