World Sleep Day

zᶻᶻZ

Sleep is a foundational pillar of health - one that is often overlooked. But there are multiple lifestyle factors that can increase the likelihood of a better night's sleep

THE LENTIL INTERVENTION

Sleep is a fundamental pillar of health and inadequate duration or poor quality sleep can be associated with several adverse health outcomes, including a shorter lifespan, weight gain, obesity, diabetes and other metabolic issues, inflammation, cardiovascular disease, neurocognitive functioning and impaired mental health.

Morning Routine

- ✓ 1. Have a regular wake-up time

- ✓ 2. Keep your alarm out of reach

- ✓ 3. See some sun soon after waking

- ✓ 4. Take a walk

- ✓ 5. Looking at your phone can wait!

Daytime Routine

- ✓ 1. Try not to nap for >30 mins

- ✓ 2. Get physically active

- ✓ 3. Minimise caffeine after lunch

- ✓ 4. Keep on top of tasks

- ✓ 5. Stay hydrated

Nightime Routine

- ☑ 1. Avoid heavy and salty meals
- ☑ 2. No alcohol 3 hours before bed
- ☑ 3. Avoid strenous exercise at night
- ☑ 4. Keep your room dark and cool
- ☑ 5. Take a warm shower