

## Tips for optimal sleep

Things have been difficult during the pandemic. So, we've put together this advice to help you take steps to look after your wellbeing whether you're working at home, in the office, or transitioning back to the workplace.

**Sleep is an integral part of our physical, mental, and emotional wellbeing.** There are certain things we can do to support optimal sleep patterns:

- Switch your electronic devices to night mode in the evening to minimise exposure to blue light
- Minimise electronic usage in the evening and try to avoid it 2 hours before bedtime
- Get early morning natural light exposure and dim the lights in the evening. This supports the healthy production of melatonin
- Get outdoors if you can
- Aim to avoid TV before bed. If you do decide to watch TV at night avoid any stimulating shows such as thrillers or dramas. Consider something more light-hearted like a comedy
- Make sure your bedroom temperature is on the cooler side
- Incorporate a ritual to calm down your nervous system in the evening such as a bath, meditation, or a breathing exercise
- Aim to go to bed at the same time each night
- Obtain optimal exercise during the day
- Calm down your nervous system and manage stress throughout the day with relaxation exercises
- Write down any lingering thoughts from your to-do list to allow your mind to rest
- Minimise your caffeine intake and limit it to the earlier hours. If you are sensitive to caffeine even a cup of coffee in the morning may negatively impact your sleep that night
- Minimise alcohol intake as this can negatively impact sleep quality



**If you need additional support talk to your GP about other supportive measures.**