WE ALL KNOW SLEEP IS ESSENTIAL FOR GOOD GENERAL HEALTH ALL ROUND. GETTING GOOD, QUALITY SLEEP IS PIVOTAL TO HELPING YOU PERFORM WELL AT WORK AS WELL IN EVERY OTHER AREA OF YOUR DAY.

37.2% OF EMPLOYEES SURVEYED SAY THEY SLEEP LESS THAN SEVEN HOURS PER NIGHT*

45% OF EMPLOYEES SURVEYED HAVE PROBLEMS WITH THE QUALITY OF THEIR SLEEP*

TIP 1: Don’t do any intense exercise just before bed. This can raise your metabolism causing you to stay awake for longer when trying to fall asleep.

TIP 2: Turn off screens one hour before going to bed. Screens emit a blue light which stops your brain producing melatonin which helps you fall asleep.

TIP 3: Don’t eat a large meal two hours before bed. Again this can increase your metabolism and make you feel uncomfortable while trying to fall asleep.

TIP 4: Try some gentle stretching before bed to help you wind down and relax.

STRETCH 1: Chest stretch
Lay on your front on something soft with one arm out to the side at a right angle to your body. Roll your back towards that arm using your other arm as a support. Hold this for one minute on each arm.

STRETCH 2: Upper back stretch
Please your hands on a raised surface (your bed works well) with your knees on the floor. Straighten your back and push your chest, armpits and head down to the floor. Hold for one minute.

STRETCH 3: Lower back stretch
Lay on your back on something soft. Bring your knees to your chest and place your hands on your shins. Squeeze your knees in as tight as you can. Hold this for one minute.

STRETCH 4: Glute stretch
Sitting on the floor with your legs out in front of you, cross one leg over the other placing your foot on the floor. Then take your opposite arm, place your elbow on your thigh and twist towards the side with the bent leg. Hold this for one minute on each side.

TIP:
These exercises are also great for getting those muscles going when you wake up. Try them for loosening those stiff joints and limbs in the morning.

*Britain’s Healthiest Workplace 2018 study