

- Sleep can help you maintain or lose weight
- Helps to increase concentration and productivity
- Can maximise your athletic performance
- Supports a healthy immune systems
- Helps maintain a good mental health

How to prevent sleep deprivation

Have a consistent sleep schedule and bedtime routine

Create and stick to a regular sleep schedule. Have a strict time to wake up and go to sleep to create a routine. Bedtime routines like, brushing your teeth then washing your face, are also important as they send psychological signals to alert your body and mind that it's time to sleep.



Avoid naps during the day

This will allow you to feel tired when going to bed at night.



Avoid blue light exposure

Limit the use of electronic appliances (TV, laptop, iPad, phones etc) 1 hour before bedtime. These devices give off light and disrupt your body's biological clock .



Clear your mind and relax

Try to keep all worries and tensions out to feel relaxed before sleeping. Mediate to improve focus, relieve stress and reduce anxiety stress.



