

Importance of sleep



- > 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

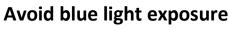
Have a consistent sleep schedule and bedtime routine

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.



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.





Self Care



Self-care is important to maintain a healthy relationship with yourself as it produces positive feelings and boosts your confidence and self-esteem. It can also prevent or repairs health problems, from anxiety and depression to insomnia and heart diseases.

How to practice self care



Living a healthy life style such as eating healthy, getting enough sleep, exercising regularly and looking after you physical health can improve your relationship with yourself.

Keeping on top of your personal hygiene is important for social, medical and psychological reasons in that it not only reduces the risk of illness, but it also improves the way others view you and how you view yourself.





See friends to build your sense of belonging. Consider joining a support or sport club to make new friends.

Try to do something you enjoy every day, reading, watching TV or getting active. This can also help you relax which can reduce stress and anxiety.