



Optimise Your Sleep

For Health & Productivity

WHY IS SLEEP IMPORTANT

Good sleep is essential for maintaining both physical and mental health. One of the main benefits of good sleep is improved brain function, including better memory, learning, concentration, and decision-making skills. Sleep also supports emotional wellbeing by helping people manage stress, improve mood, and reduce feelings of anxiety or irritability.

Physically, sleep allows the body to rest, recover, and repair muscles and tissues. It strengthens the immune system, helping the body fight infections and illnesses more effectively. In addition, sleep plays an important role in maintaining healthy hormone levels, controlling appetite, and supporting metabolism and energy balance.

WHAT TO FOCUS ON?

1. Quantity

Most adults need between 7 and 9 hours of sleep each night, while children and teenagers generally require more sleep to support growth and development.

2. Quality

Good-quality sleep means falling asleep easily, staying asleep through the night, without multiple awakenings, and waking up feeling refreshed and rested.

3. Regularity

When sleep is regular, the body learns a consistent pattern, making it easier to fall asleep quickly at night and wake up naturally in the morning.

SIMPLE STEPS FOR BETTER SLEEP

Consistent bedtime and wake time

- Make sure you have a consistent bedtime and wake time. This will help to optimize your sleep drive

Avoid Bright Light Exposure

Light inhibits melatonin production (melatonin increases sleepiness)

- Avoid exposure to light from screen devices for 2 hrs before bedtime
- Maintain a light tight bedroom
- Avoid leaving electronic devices in standby mode

Sleep Environment

- Keep your bedroom dark, quiet and cool

Caffeine

- Limit caffeine consumption and avoid caffeine for 8 hrs before your bed time

Meal Time

- Try to maintain consistent meal times and avoid heavy meals late in the evening

Lifestyle Factors

- If you smoke, avoid smoking heavily near bedtime and don't smoke during awakenings at night. You may inadvertently condition yourself to wake up frequently during the night
- Avoid alcohol within 3 hrs of bed time. Once alcohol is metabolized, you may wake up and can stay awake or sleep poorly for the rest of the night
- Exercise may promote sleep regardless of when it occurs during the day. Avoid strenuous exercise within three hours of bedtime, as it will raise body temperature and can delay sleep

CALM YOUR MIND

Breathing Exercises, Meditation, Mindfulness

To help you relax and distract yourself from thinking about sleep

Journaling

Schedule some "worry time" / journaling time in the late afternoon or early evening. Use this time to plan activities for the next day or to think about things that may cause you to feel upset, angry, or anxious.

FINDING IT DIFFICULT TO FALL ASLEEP?

Your first opportunity to fall asleep is in the first 20 mins of going to bed or when you wake up at night. If you don't fall asleep, get up at the first sign of feeling frustrated and leave the bed room for 30mins. You can return in 30 mins and give yourself another opportunity to fall asleep.

REMEMBER SLEEP IS A NATURAL PROCESS

Remember sleep is a natural process and the result of building up sleep drive/sleepiness. It is similar to feeling hungry and feeling thirsty and will happen naturally. Find comfort in the fact that you do not need to force it to happen.



The content in this leaflet was written by Motty Varghese, Senior Sleep Physiologist

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