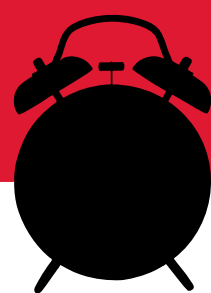# SLEEP

Why is sleep important?

It restores the body and mind - it helps our muscles to recover and rebuild from all the damages we have done during the day and helps us to process learning from the day to be retained and stored into your long term memory.

TOP TIPS

Ensure you leave two hours since eating a large meal before attempting to sleep and avoid caffeine

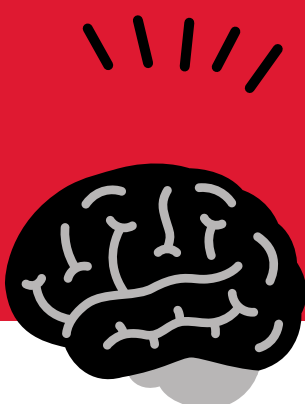Routine!! Keep a consistent bed time and wake up time

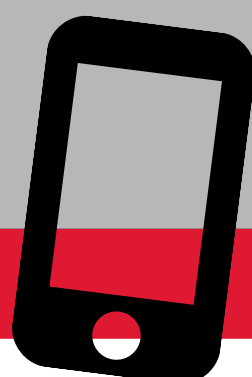Aim to get between 8-10 hours sleep each night

Avoid hot stuffy rooms - bedrooms should be relatively cool

Minimise the amount of light in the bedroom at night

Don't try and sleep if you have a busy head - write down your thoughts on a bit of paper to park them and do something relaxing until you feel sleepy.

Move things out of sight that are stimulating during night time e.g., phone and cover with spare blankets/sheets

Try and get as comfortable as possible, take your own pillow with you if there is an opportunity