



# RESTORE

## HOW TO SLEEP FOR A HEALTHY BRAIN & BODY

### RECAP FROM TODAY'S SESSION

- What you do when you're not sleeping affects what happens when you sleep
- Manage your stress
- Avoid additional stressors (chemical and electronic)
- Eat real food
- Move frequently
- Tune into the light and darkness of the day
- Reserve your bedroom for sleep and sex

### TOP TIPS



#### MORNING

- Avoid your devices for 5 minutes after waking up
- Go outside in the morning
- Wait for an hour before having your coffee
- Do your morning meditation/relaxation practice.
- Use a blue light / near-infra red device
- Avoid fasting/skipping breakfast if last night's sleep was poor



#### DAYTIME

- Eat real food
- Move frequently, preferably outdoors
- Aim for at least 30 minutes of light exposure (not fluorescent)
- Stand at least every 30 minutes
- Avoid caffeine after midday
- Avoid blue light early evening onwards



#### NIGHTTIME

- Wind down 1 - 2hrs before bedtime
- Avoid alcohol later in the evening
- Balance carbs and fats in your evening meal
- Leave your devices outside your bedroom
- Keep your bedroom cool / have a shower
- Remove all light and noise from your bedroom

### MINDSET FOR BEHAVIOUR CHANGE

#### WHAT IS YOUR 'WHY'?

More / better quality sleep is important for me because it would enable me to ... (write your answer in this box)

### MY ONE ALMOST-IMPOSSIBLY-SMALL NEXT STEP

Fill in the boxes below with one action you'll take.

I will... (write down what action you will take in this box)

for... (write down when / time frame / frequency you will take action in this box)

and will use... (write down who or what resources (apps, journals) you will use in this box)

Be **SMART** with your next step  
(Specific, Measurable, Achievable,  
Relevant, Time-Bound)

Adopt an **experimental mindset**: "failure  
is information".  
Ask: "what did you learn when things  
didn't turn out as planned"?

**Celebrate**: call out your positive  
wins no matter how small