

Sleep & Recovery

ADVICE & GUIDANCE

What is Sleep Hygiene?

The term 'sleep hygiene' refers to adopting healthy practices throughout the day to improve the quality of your sleep. Various factors can affect our ability to sleep, with our habits and surroundings influencing the quality of our rest.

Signs of poor sleep hygiene:

- 📌 Find it difficult to fall asleep.
- 📌 Wake up several times throughout the night.
- 📌 Feeling tired throughout the day.

By adjusting your habits and environment during the day and night to enhance your sleep quality, you can boost your mood, focus, and memory. This can aid in preventing sleep disorders, supporting your body in fighting illnesses, and managing a healthier weight.

Scan/Click the QR code to access a range of regularly updated resources for statistics, advice and support from third-party organisations.

SCAN THE
QR CODE
FOR MORE
INFO



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