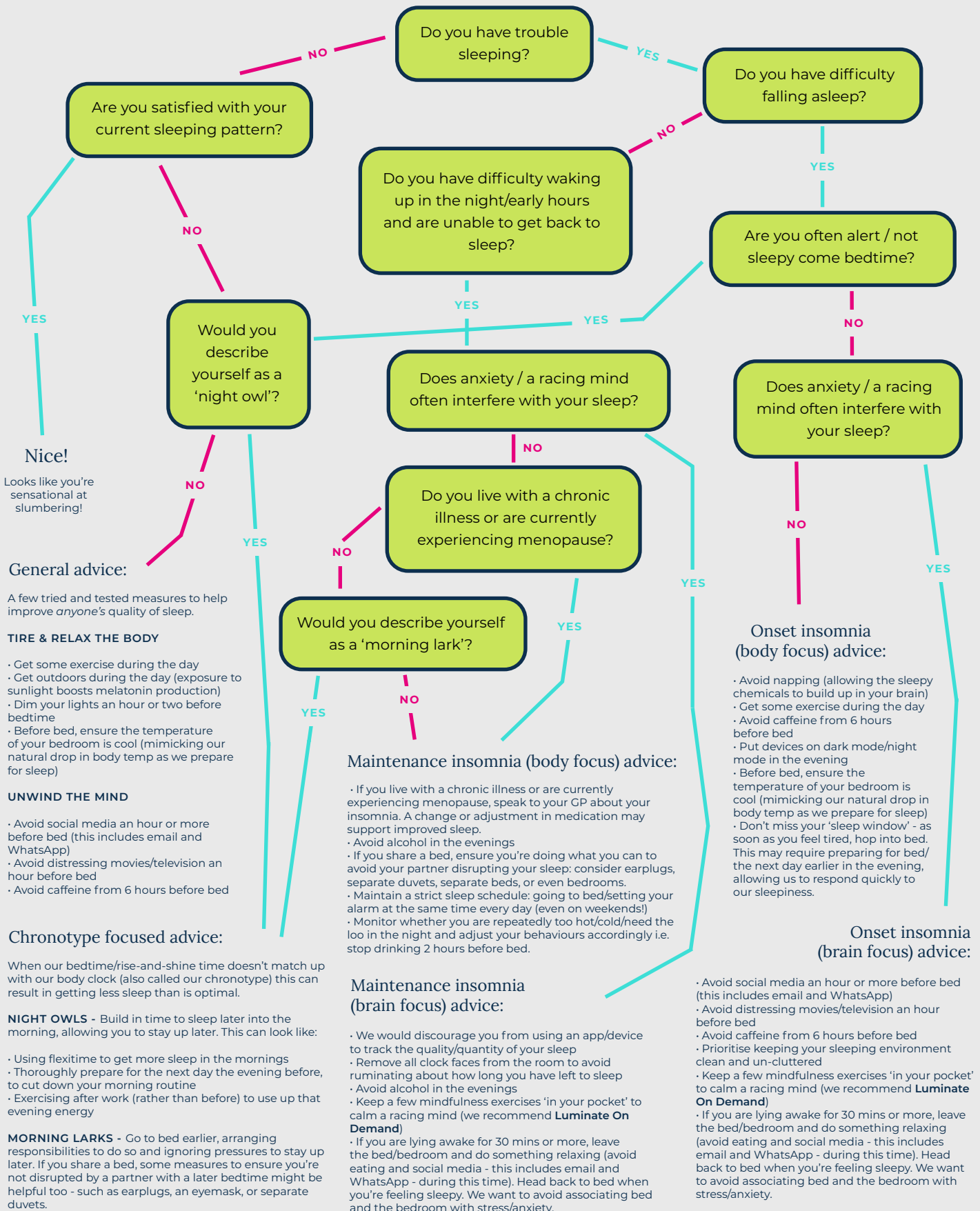


TROUBLE SLEEPING?

Take this quick quiz to find out what kind of sleeper you are and what we'd recommend to help improve the quality and/or quantity of your zees. Spoiler alert: counting sheep doesn't get a mention.

Please note this quiz is not a diagnostic test - please reach out to your GP if you are experiencing chronic insomnia.



General advice:

A few tried and tested measures to help improve *anyone's* quality of sleep.

TIRE & RELAX THE BODY

- Get some exercise during the day
- Get outdoors during the day (exposure to sunlight boosts melatonin production)
- Dim your lights an hour or two before bedtime
- Before bed, ensure the temperature of your bedroom is cool (mimicking our natural drop in body temp as we prepare for sleep)

UNWIND THE MIND

- Avoid social media an hour or more before bed (this includes email and WhatsApp)
- Avoid distressing movies/television an hour before bed
- Avoid caffeine from 6 hours before bed

Chronotype focused advice:

When our bedtime/rise-and-shine time doesn't match up with our body clock (also called our chronotype) this can result in getting less sleep than is optimal.

NIGHT OWLS - Build in time to sleep later into the morning, allowing you to stay up later. This can look like:

- Using flexitime to get more sleep in the mornings
- Thoroughly prepare for the next day the evening before, to cut down your morning routine
- Exercising after work (rather than before) to use up that evening energy

MORNING LARKS - Go to bed earlier, arranging responsibilities to do so and ignoring pressures to stay up later. If you share a bed, some measures to ensure you're not disrupted by a partner with a later bedtime might be helpful too - such as earplugs, an eyemask, or separate duvets.

Maintenance insomnia (body focus) advice:

- If you live with a chronic illness or are currently experiencing menopause, speak to your GP about your insomnia. A change or adjustment in medication may support improved sleep.
- Avoid alcohol in the evenings
- If you share a bed, ensure you're doing what you can to avoid your partner disrupting your sleep: consider earplugs, separate duvets, separate beds, or even bedrooms.
- Maintain a strict sleep schedule: going to bed/setting your alarm at the same time every day (even on weekends!)
- Monitor whether you are repeatedly too hot/cold/need the loo in the night and adjust your behaviours accordingly i.e. stop drinking 2 hours before bed.

Maintenance insomnia (brain focus) advice:

- We would discourage you from using an app/device to track the quality/quantity of your sleep
- Remove all clock faces from the room to avoid ruminating about how long you have left to sleep
- Avoid alcohol in the evenings
- Keep a few mindfulness exercises 'in your pocket' to calm a racing mind (we recommend **Luminate On Demand**)
- If you are lying awake for 30 mins or more, leave the bed/bedroom and do something relaxing (avoid eating and social media - this includes email and WhatsApp - during this time). Head back to bed when you're feeling sleepy. We want to avoid associating bed and the bedroom with stress/anxiety.

Onset insomnia (body focus) advice:

- Avoid napping (allowing the sleepy chemicals to build up in your brain)
- Get some exercise during the day
- Avoid caffeine from 6 hours before bed
- Put devices on dark mode/night mode in the evening
- Before bed, ensure the temperature of your bedroom is cool (mimicking our natural drop in body temp as we prepare for sleep)
- Don't miss your 'sleep window' - as soon as you feel tired, hop into bed. This may require preparing for bed/the next day earlier in the evening, allowing us to respond quickly to our sleepiness.

Onset insomnia (brain focus) advice:

- Avoid social media an hour or more before bed (this includes email and WhatsApp)
- Avoid distressing movies/television an hour before bed
- Avoid caffeine from 6 hours before bed
- Prioritise keeping your sleeping environment clean and un-cluttered
- Keep a few mindfulness exercises 'in your pocket' to calm a racing mind (we recommend **Luminate On Demand**)
- If you are lying awake for 30 mins or more, leave the bed/bedroom and do something relaxing (avoid eating and social media - this includes email and WhatsApp - during this time). Head back to bed when you're feeling sleepy. We want to avoid associating bed and the bedroom with stress/anxiety.