

Sleep hygiene - Checklist

<u>Zeitgeber</u>	<u>✓/x</u>	<u>✓/x</u>
Light		
Minimise artificial light exposure, particularly after sunset and especially 1 hour before bed. <ul style="list-style-type: none"> - Use halogen or incandescent light bulbs - Use a filter on your phone or tablet - Use blue light blocking glasses 		
Get natural light during the day		
Stimulants and Substances		
Caffeine Everyone's metabolism is different, you'll have to find what works best for you, for example avoiding caffeine after 3pm, midday, or 9am.		
Nicotine Try to avoid, or at least decrease nicotine use, 4 hours before bed time.		
Alcohol		
Sleep Timing		
Go to bed at the same time every night		
Wake up at the same time every night		
Organise your sleep schedule according to your Chronotype. Find your Chronotype here :		
Avoid napping longer than 40 minutes		
Diet		
Well-balanced diet with a variety of fruit, vegetables, carbohydrates, proteins and healthy fats.		

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Approximately 50 grams of added sugar, or less, per day. Sugar can be added as per ingredients on the pack, or by yourself. 1 teaspoon is approximately 4 grams.		
Healthy bodyweight/composition		
Exercise		
30 minutes of moderate intensity exercise, 5 days per week		
10,000 steps per day		
Avoid strenuous exercise within the 4 hours before bedtime		
Exercise within 4-8 hours before sleep		
Stress		
Actively managing stress		
Wind-down routine		
Avoid over stimulation before bed such as arguments, stimulating books and movies or cognitive activities such as work!		
Sleep Environment		
Complete darkness in the bedroom (eye mask, curtains)		
Quiet space or use noise blocking strategies		
Comfortable Temperature (26-28°C with blanket)		
Own blanket		
Comfortable mattress, pillows and linen		
Relaxed body		

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Supercharge Tips

- Micronutrients shown to support sleep: B6, B3, B12, Vitamin D, Zinc, phlorotannin, polyphenols, tryptophan, magnesium
Foods found to be beneficial for sleep:
 - Kiwi fruit (2 per day, 1 hour before bed)
 - Foods containing melatonin: Tart cherries, banana, pineapple, walnuts, oranges.
 - Tryptophan enriched cereals or eggs
 - Food high in tryptophan: turkey, chicken, meat, cheese, yogurt, eggs, sea food, soy
Horlicks milk drink
 - Oysters

- Showering before bed can help reset your body temperature, preparing for sleep.

- Having a regular routine around your sleep provides your body consistent “sleep cues.”