



## Sweet dreams are made of these 6 things

Enhancing our overall wellbeing, sleep is something we often take for granted as we get caught up in the flow of waking hours... until it starts being taken away from us.

When it comes to maximising energy and performance, research suggests that it's more important to focus on the quality of sleep, as it increases Adenosine triphosphate (ATP) levels which store and transfer chemical energy within cells. ATP levels surge in the early hours of sleep, especially in key brain regions that are active during waking hours. In addition to this, the quality of our sleep is also something we tend to have more control over as opposed to the quantity, especially if you have a young family.

These six tips will support you in seamlessly transitioning to a peaceful and effective sleep:

1. *Get your daily dose of natural light (ideally outdoors)*  
Exposure to natural (or bright) light during the day supports a healthy circadian rhythm that optimises brain, hormone and other bodily functions, when you're both awake and asleep.
2. *Have an intermittent tech fast each evening*  
Blue light from the electronic devices we use in the evening trick our bodies into thinking it's still daytime, so by having a break from these (or as many of these as possible) a couple of hours before bed, we're giving our minds and bodies the space they need to naturally unwind before we hit the pillow.
3. *No caffeine from 2-3pm*  
We love our coffee and tea, however given the stimulant effect caffeine has on our bodies, which can last 6 – 8 hours, we recommend switching to non-caffeinated drinks in the afternoon and evening.
4. *Practise a relaxation ritual*  
From music, reading a book and taking a hot bath or shower to meditating and other mindfulness activities, find a relaxation ritual that you love and is achievable to practise daily, prior to bed.
5. *Set the scene*  
Create and maintain a calming environment in your bedroom by setting a comfortable temperature, investing in quality bedding, limiting external noise and lights, and keeping things minimal and mess free.

6. *Move each day*

Regular exercise during the day is one of the most effective and research backed ways to not just improve your sleep, but to also enhance your overall wellbeing.

As you mindfully prepare for sleep each day, you'll not only reap the benefits of operating at your peak, but those around you will too.

WRITTEN BY MELLÖBARRE