

# Hibernate

## Why is sleep important?

Inadequate sleep increases our risks for a huge number of lifestyle related diseases, including cardiovascular disease, type 2 diabetes and even cancer, not to mention increasing the likelihood that we will carry excess body fat!

GOAL → **7.5 – 9 hours**

**sleep per night**  
(the average person only sleeps 6 hours per night)



## Sleep Disrupters and Strategies to overcome them:

### 1. Sunlight (or the lack of it!)

Strategies: Expose your eyes to bright natural light first thing in the morning (no sunnies on!) and frequently throughout the day (even natural light on a cloudy day counts)



### 2. Sugar (and other 'Fake Foods')

Strategies: Reduce your overall sugar consumption - especially sweetened drinks (and general consumption of 'Fake Foods') - as the hormonal effect of eating these throughout the day can disturb our sleep. Replace with 'Real Food' - good quality proteins (Meat, Fish, Fowl, Eggs), fruits and vegetables, nuts and seeds. Sparkling water is a great substitute for fizzy drinks!

### 3. Caffeine

Strategies: Caffeine is metabolised relatively slowly in the body, taking about 6 hours for your body's caffeine levels to reduce by only one-half. So try to avoid drinking caffeinated drinks after mid-afternoon otherwise you risk still having large amounts of caffeine in your body at bedtime. And avoid caffeinated energy drinks - this will have both the effect of the caffeine and the high levels of sugar. A bad combination!



### 4. Technology (especially late into the evening)

Strategies: Switch off all blue light emitting devices (smart phones, tablets, laptops and TV) at least 90 minutes prior to when you want to go to sleep. If you must be using these for any reason, help mitigate the negative effects by using software that filters out the blue light (such as F.lux) or wear orange lens glasses - nerdy yet cool!

### 5. Late Nights

Strategies: Try to keep your bedtime and wake times consistent so that your body gets into good a routine. This includes on the weekends! Where possible, avoid those late nights followed by a long sleep in (this can actually have a similar effect on the body as 'jetlag' which is why many people struggle come Monday morning every week!)

