




Boost your energy by *hitting the pillow.*



Take advantage of
the link between
better sleep and
improved physical
activity.

If you're doing The Movement Challenge this month, you probably already have a good idea of how important movement is to your mental and physical health. But something many of us tend to overlook, in terms of how important it is to our health and wellbeing, is getting a good night's sleep. If you're not getting enough sleep, you're not as healthy as you could be, and you might be suffering negative side effects.

Why sleep matters

Getting enough sleep is vital for the health and wellbeing of everyone, no matter what age. It helps with cognitive function, mood, mental health, plus cardiovascular and metabolic health. Sleep deprivation can have a detrimental impact on our physical and mental health, mood and even safety, as fatigue is linked to workplace and motor accidents. [1]

Moving helps sleeping

It's also been proven proper exercise can reduce sleep-related problems and help us get enough quality rest time. Recent research also indicates poor-quality sleep leads to lower levels of physical activity the next day – leading experts to conclude that sleep and exercise are closely linked. [2]

So, they feed directly into each other – better sleep means higher levels of physical activity and higher levels of physical activity, you guessed it, lead to better sleep.

Let's look at some of the ways we can improve our sleep.

Things you could be doing to *improve your sleep*

- Going to sleep and waking up the same time every day
- Making sure your sleeping environment is quiet and comfortable
- Only use your bed for sleep and intimacy (not eating, studying, devices etc.)
- Exercising during the day
- Spending time in natural light during the day (helps set your natural body clock)
- Using relaxation techniques before bed (meditating or reading)

Things you *shouldn't be doing*

- Exercising within two hours of going to bed
- Drinking caffeinated drinks like coffee, tea, energy drinks etc.
- Drinking alcohol before bed (can cause sleep issues)
- Eating a heavy/spicy meal before bed (allow enough time for digestion)
- Going to bed hungry (snack if you need to)
- Engaging in stimulating activity before bed (gaming, stressful conversations)
- Napping during the day (can disrupt your sleep)



March 13th is World Sleep Day, so you can mark the occasion by making changes to your sleep habits.

Something on your mind?

If you require counselling, coaching or support, our clinicians are here to help. Call, chat or request an appointment online.

Looking for more resources?



Register for [Wellbeing Gateway](#). Your mental health and wellbeing companion.

[1] Sleep is essential to health: an American Academy of Sleep Medicine position statement | Journal of Clinical Sleep Medicine

[2] How Can Exercise Affect Sleep? | Sleep Foundation

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