



EPDG SLEEP GUIDANCE

AIM TO GO TO BED AND RISE AT A CONSISTENT TIME THROUGH OUT THE WEEK

ATTEMPT TO DRINK THE MAJORITY OF YOUR FLUIDS PRIOR TO 6PM

CREATE A REGULAR PRE- BED ROUTINE

AVOID ELECTRICAL EQUIPMENT (TV, PHONES, TABLETS, BRIGHT LIGHTS) 2-3 HOURS PRIOR SLEEP

STAY HYDRATED THROUGHOUT THE DAY TO PREVENT THIRST DISRUPTING SLEEP

A WARM BATH/SHOWER PRIOR TO SLEEP MAY AID QUALITY OF SLEEP

RECOMMENDED BEDROOM TEMPERTURE 16-18 DEGREES

ENSURE BEDROOM IS FREE OF POLLUTED DARKNESS TO AID DEEP SLEEP

ONLY USE YOUR BEDROOM FOR SLEEP

A LIGHT STRETCH/ SOFT TISSUE MAY AID SLEEP BY RELAXING AND ALLEVIATE TENSION IN TIGHT AREAS

AVOID CAFFEINE PRIOR TO BED, CAFFEINE HAS A HALF LIFE OF UP TO 4 HOURS

AVOID TRAINING LATE

20-60 MIN AFTERNOON NAPS CAN SUPPLEMENT SLEEP