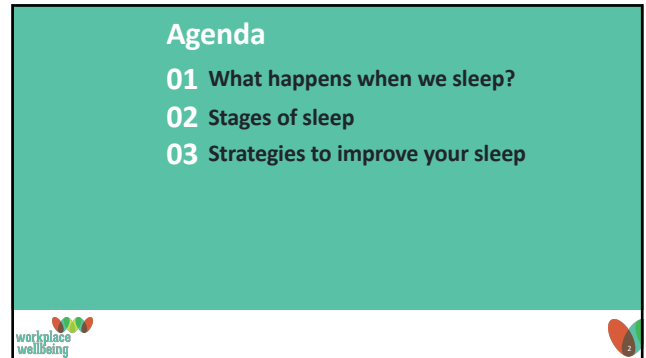
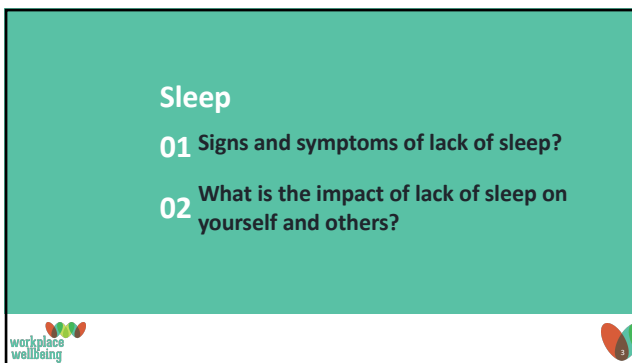




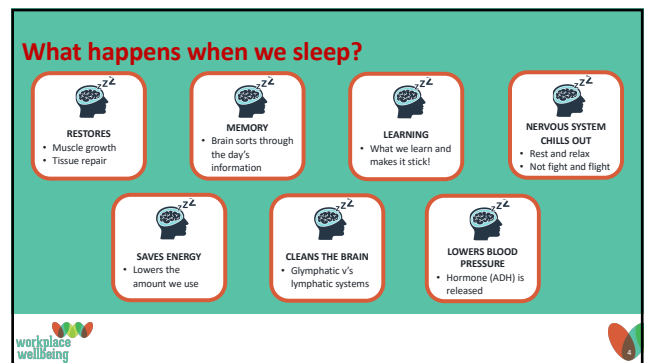
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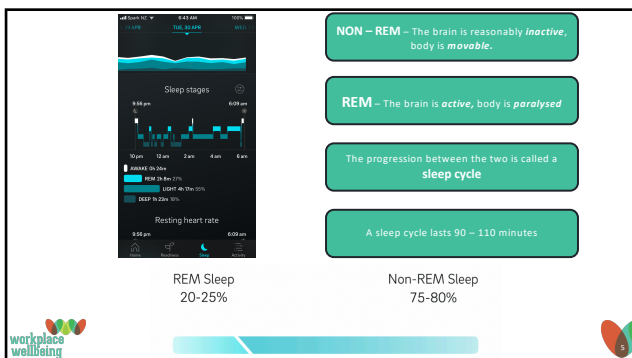
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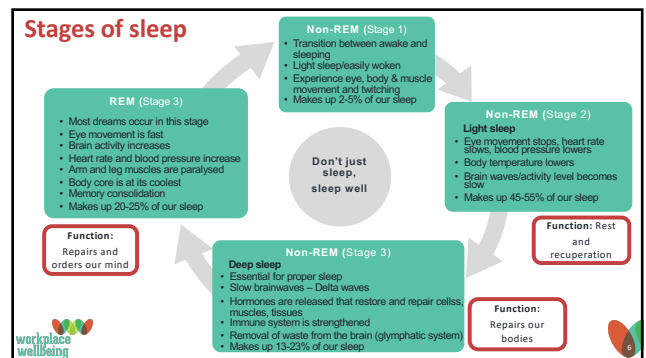
3



4




5



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Circadian Rhythm

- Biological clock
- Body temperature
- Hormones are released
 - melatonin
 - cortisol
 - leptin
- Synchronizes with environment



What affects our circadian rhythm

- Medical conditions/medication
- Light
- Temperature
- Sleep environment
- Food and drink
- Stress.

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Normal night sleep

Sleep stages



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After drinking alcohol

Sleep stages



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To increase quality of your sleep...

- Have a warm shower or bath before bed
- Go to bed at the same time
- Drink a glass of warm milk 30 minutes before going to bed
- Relax before going to bed
- Listen to music or read something relaxing
- Make your room uncluttered and calm
- Exercise 30 minutes every day
- Don't lie in bed awake, do something else
- Avoid a light room
- Keep the temperature of your room between 16 °C and 18°C
- Remove devices from your room and don't use for 1-2 hours before going to bed)
- Reduce caffeine, nicotine and alcohol




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Plan

What are some changes you're going to make TODAY to get a better night sleep?



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In summary

- Sleep is a basic need that is essential to our health, performance, safety and quality of life
- Establishing a healthy sleep practice prevents sleep problems and promotes optimal sleep
- Signs and symptoms of sleep difficulties need to be identified and discussed with a doctor.

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Thank you!

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