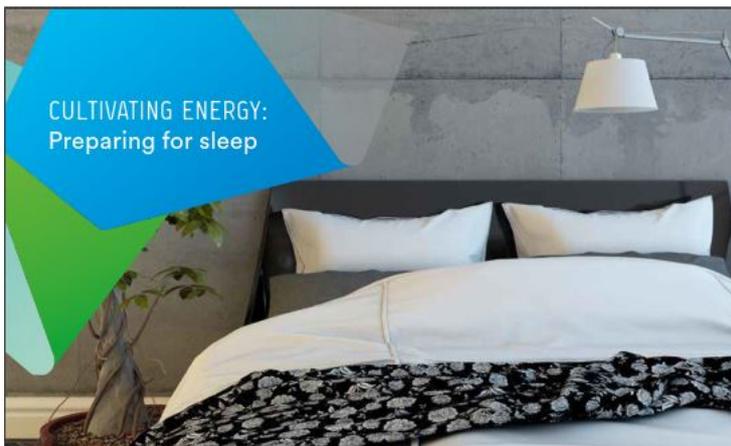


CULTIVATING ENERGY: Preparing for sleep



lendlease



Not all sleeps are created equal. Just because we sleep does not mean that we renew energy. As you saw during the workshop, it is possible to spend more energy when you are sleeping than when you are awake. Alcohol and anxiety are two good examples that can prevent you from renewing energy. In order to get a good night's sleep with lots of parasympathetic activity we must be preparing for sleep from the time we get up

Sleep checklist

Do less of

- <-> Hit the snooze button in the morning
- <-> Caffeine and energy drinks
- <-> Cardio exercise after 6.00pm
- <-> Alcohol after 8.00pm
- <-> Blue light from phones & IPADS

Do more of

- + Establish a sleep routine
- + Prepare the bedroom for sleep
- + Read a book (quieten the mind)
- + Practice mindfulness
- + Try stretching before bed
- + Connect with a love one

Top Tips

What should I do if I wake up in the middle of the night and can't sleep? First thing is to try and quieten the mind through diaphragmatic breathing (slowing the breath) if that does not work change rooms and sit quietly (No TV, iPhone, etc) until you feel tired and return to bed.

Did you know

Research suggest that poor sleep triggers the hormone called ghrelin, the same hormone that triggers hunger! Ever feel hungry in the morning after a poor nights sleep? We also know that those people who average less than seven hours sleep per night are seven (7) times more likely to catch a cold.