

# Wake Up Refreshed

## Evidence-Backed Tips To Better Sleep

**Sleep: it's the rockstar of recovery, yet sometimes it feels like mission impossible. If you find yourself clock-watching at night, check out our five evidence-based tips to enhance your sleep quality so you can wake up feeling refreshed and revitalised.**

1

### **Maintain a consistent sleep schedule, even in the weekends**

Waking up at the same time every day sets your body's internal clock, known as the circadian rhythm, helping you feel sleepy at a consistent time and ensuring you have enough time for rest. Maintaining a regular sleep schedule makes it easier to fall asleep and improves sleep quality. While consistency is important, you might sometimes choose the perks of a late-night movie marathon or a weekend sleep-in over the temporary disruption to your sleep schedule.

2

### **Create a Bespoke Bedtime Routine**

Prime yourself for rest by establishing a bedtime routine that works for you. Consider activities like enjoying a warm drink, doing gentle stretches, preparing for the next day, or reading a light book. Find what relaxes you and signals to your body that it's time to wind down.

3

### **Optimise Your Sleep Environment**

Prepare your environment to support a good night's sleep. Ensure the surroundings, temperature, light, and sound levels are conducive to rest. Common tips include keeping devices and clutter away from the bed, keeping the room cool, using blackout curtains, and minimising noise. However, personalise your space with what is most soothing and comfortable for you.

4

### **Prepare for Nighttime Awakenings**

Plan for potential middle-of-the-night awakenings to ease the transition back to sleep. Keep a clear path and consider using a night light to guide your way for any bathroom trips. Have a notebook and pen by your bedside to jot down any racing thoughts to get them out of your head and off repeat.

5

### **Accept Imperfect Nights**

Understand that not every night will be perfect, and there are factors outside of your control that impact sleep. Reduce the pressure by avoiding clock-watching and worrying about the hours of sleep you're missing. Acceptance can alleviate anxiety and help you return to sleep more easily, knowing that a less-than-perfect night doesn't define your entire day.

**“Rest is not a reward; it's a necessity.  
It's not a luxury; it's a strategy.”**

Shawn Stevenson