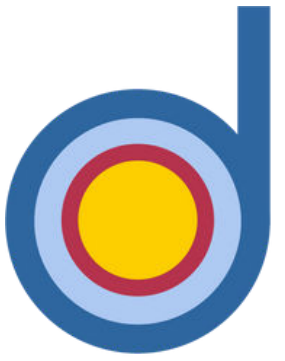


How to optimise sleep?



Behavioural

- Have a consistent wake & sleep time
- Keep the room dark, cold and only for sleeping
- Practice meditation & relaxation techniques
- Avoid blue light (screens) one hour before bed
- Don't exercise too close to bed.

Dietary

- Cut caffeine at least 5 hours before bed
- Have a protein-based meal 2-3 hours before bed.
- Avoid refined carbs in the hour before bed such as high sugar cereals, sweets, biscuits.