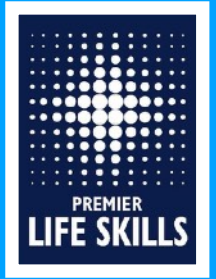


Better Sleep



Step 1: Limit Your Stimulants



Try to limit light exposure, caffeine, device use and stress leading up to bedtime as this can increase Cortisol the stress hormone

Step 2: Relax Your Mind & Body



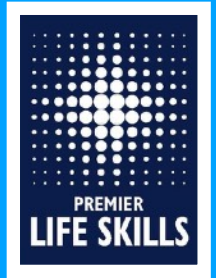
Meditation, listening to relaxing music, reading or taking a warm bath can help you to relax and increase melatonin the sleep hormone

Step 3: Facilitate Sleep

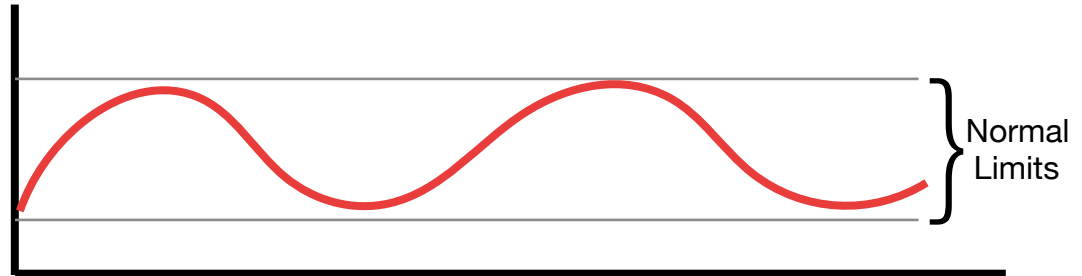


Stay hydrated, invest in a comfortable bed, set a regular routine and give yourself enough time to achieve a good nights sleep

Healthy Eating



Balance Your Blood Sugar Levels



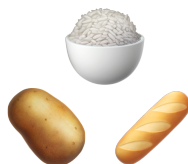
Your blood sugar levels will rise and fall all day but ideally stay with the normal limits. Try to limit sugar, refined carbs and caffeine.

Choose Your Drinks Wisely



The recommendations are to drink 6-8 glasses of water per day, 2-3 caffeinated drinks and 1-2 units of alcohol per day. Moderation is key!

Consume A Balanced Diet



Carbs

Fats



Protein

Fruit & Veg



Consuming a diet that consists of complex carbohydrates, fats, protein and fruit & vegetables will help to maintain overall wellbeing