

# Sleep for Energy and Health



**SLEEP**  
your way to happiness

**12 WAYS TO IMPROVE YOUR SLEEP AND  
MAKE YOUR LIFE HAPPIER**

Be it for  
5 minutes  
or  
8 hours,  
let sleep  
refresh you.

Your  
performance  
depends on it.

**“I could finally sleep. And this was the real gift, because when you cannot sleep, you cannot get yourself out of the ditch - there's not a chance.”**

**Elizabeth Gilbert. *Eat Pray Love***

**Poor sleep is an epidemic in the western world. We work long hours, spend too much time with technology; worry about making enough money and supporting the family and much more. All of this affects one of the most important ingredients to an ideal personal and work life – SLEEP.**

**What you want to look forward to every day is:**

**Energy  
Simplicity  
Balance  
Happiness**

# The Three Key Performance Elements

Poor sleep  
is a serious  
hindrance to  
personal  
and work  
performance

## WELLNESS

Take care of yourself! When you are fit, healthy and balanced your personal and work life will be great.

When wellness is evident in people there is a positive energy that reflects on family, friends, work colleagues and customers which make them feel happy.

## MINDSET

Having a proactive positive mindset with a clear vision enables you to be more focussed on your personal and work goals.

When you feel positive you are able to cope with the stresses of day-to-day challenges both at home and in the work place.

## ENVIRONMENT

Whether you are at home or at a place of work it needs to be a fresh, functional and friendly environment.

Tidiness, simplicity, systems, good habits and daily routines should make your personal home and/or work environment a place that you want to be feeling happy and energised.

**Poor sleep affects all of these elements.**

Believe it or not, sleep is the biggest hurdle to elevating performance and creating your ideal life.

How you go to bed at night and how you sleep and then wake up, will effect your performance more than anything else you do.

INTRO

Healthy adults  
need between  
7.5 to 9 hours  
of sleep  
per night  
to function at  
their best.

## BENEFITS

**Sleeping is no mean art: for its sake one must stay awake all day. ~Friedrich Nietzsche**

Feeling rushed, anxious, overwhelmed and/or stressed can cause you to lose sleep – of that there is no doubt. The downside of losing sleep is that it reduces your ability to operate at an optimum level to be effective in your personal and work life.

**Having a great sleep will enable you to:**

- Stay alert
- Make clearly thought out decisions
- Feel fresh throughout the day
- Wake up without an alarm
- Cope with stress and anxieties
- Exercise better
- React faster to danger
- Maintain good judgement
- Maintain a good memory
- Manage your weight
- Maintain problem solving skills
- Maintain your immune system
- Have greater focus and clarity
- Feel energised throughout the day

Just as  
exercise and  
nutrition are  
essential for  
optimal  
health and  
happiness,  
so is sleep.

## SLEEP ISSUES

**The amount of sleep required by the average person is five minutes more. ~Wilson Mizener**

### Common Signs of Sleep Disorder

**Look over this list of common signs of sleep disorders, and talk to your doctor or health professional if you have any of them:**

- It takes you more than 30 minutes to fall asleep at night.
- You awaken frequently in the night and then have trouble falling back to sleep again.
- You awaken too early in the morning.
- You frequently don't feel well rested despite spending 7–8 hours or more asleep at night.
- You feel sleepy during the day and fall asleep within 5 minutes if you have an opportunity to nap, or you fall asleep at inappropriate times during the day.

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SLEEP ISSUES  
continue

### Continued...

- Your bed partner claims you snore loudly, snort, gasp, or make choking sounds while you sleep, or your partner notices your breathing stops for short periods.
- You have creeping, tingling, or crawling feelings in your legs that are relieved by moving or massaging them, especially in the evening and when you try to fall asleep.
- You have vivid dreamlike experiences while falling asleep or dozing.
- You have episodes of sudden muscle weakness when you are angry, fearful, or when you laugh.
- You feel as though you cannot move when you first wake up.
- Your bed partner notes that your legs or arms jerk often during sleep.
- You regularly need to use stimulants to stay awake during the day.

If you are concerned about any of these please consult a professional health advisor.

Relax before  
you go to bed.

**NO TV**  
instead  
take a bath,  
read a book  
or listen to  
soft music

**SOLUTIONS**

**It is a common experience that a problem difficult at night is resolved in the morning after the committee of sleep has worked on it. ~John Steinbeck**

## **12 tips on how to get a great sleep**

1. Go to bed at the same time every night. Make this a time when you usually feel your eyes dropping and drowsiness setting in. Do not fight this to keep watching a TV show.
2. Wake up at the same time every day. Train yourself to wake up with out the alarm. When you go to bed look at the current time on your watch or clock and say to yourself **ten times** the time that you want to wake up. Within a couple of weeks you will wake at this time.
3. Fight drowsiness straight after dinner. Keep yourself awake until closer to your normal bed time. If you give in to the early drowsiness, you may wake up during the night and struggle to get back to sleep.
4. Avoid the following foods three hours before bed; fruit juice, alcohol, chocolate, pork, vinegar, ice cream, sweet desserts, candy and coffee.
5. Foods that promote a restful sleep are – cheese, plain yoghurt, seafood, hummus, lentils, eggs, sunflower seeds, beans and brown rice. Build these into your evening meals.
6. Teas that can help sleep are camomile, valerian, spearmint, and peppermint.

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Stay away  
from large  
meals late  
at night .

Light meals  
are best.

MORE  
SOLUTIONS

**There is more refreshment and stimulation in a nap, even of the briefest, than in all the alcohol ever distilled. ~Edward Lucas**

7. Keep your room cool and dark . Temperature can vary between summer and winter; too hot to sleep in the summer and too cold to sleep in the winter. Keep the temperature in your bedroom at about 18 C all year round if you can.
8. Relax before you go to bed. No TV or technology 30 minutes prior to sleeping, it stimulates you. Read a book, take a bath or warm shower, listen to soft music. You can also contract and relax your muscles starting at your feet, then in turn your lower legs, thighs, buttocks, groin, tummy, back, chest, arms and shoulders. **Gently contract for 3 seconds then take 3 relaxed breaths** and do the next muscles. Do this up to three times through and you will find it easier to sleep.
9. If you wake with an idea in your head – get out of bed and write it down so you can go back to sleep again.
10. Have a routine to your day. Wake up at the same time, meditate or take time to wake up by sitting in the early morning sun (in summer at least), exercise for 20 - 30 minutes, eat a nutritious breakfast before you start your day and stay fuelled to keep your energy up. It is recommended that no stimulating drinks after 3pm. Do a short walk in the evening, enjoy your evening meal and time with your family. Relax and chill out.
11. Make sure you have a comfortable bed and the right pillow(s). If your mattress is more than 10 years old, it could be compromising your sleep. Only buy your mattress from a specialist bed store
12. If you are morbidly over weight you will need to lose weight. High weight compromises breathing and the ability to sleep. You should consult with your doctor.