

Science of Sleep

This toolkit is designed to share tools for how to sleep and rest better.

Top Tips from Kate Bishop

Find your optimum sleep pattern by trying different bed times and even sleeping patterns.

Go outside more especially in the morning to get natural light.

Move more throughout your day so you are physically tired.

But! Exercise in the morning.

Make your bedroom sleep heaven; dark, cool, no screens, no clock faces, limit distractions.

Limit your exposure to artificial light at night - at least 30 minutes before bed.

Don't wait for sleep - wait to be sleepy before going to bed.

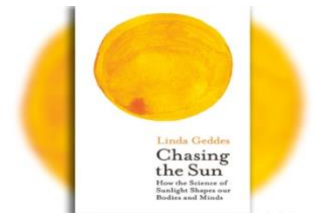
Have a morning, 'wake up' routine
 Have an evening 'wind down' routine
 Have a bedtime routine

Unplug Switch Off Breathe.

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SLEEP IS YOUR SUPERPOWER
 TED Talk by sleep scientist Matt Walker who shares the wonderfully good things that happen when you sleep.



RECOMMENDED READ
 Chasing the Sun by Linda Geddes explores the extraordinary significance of sunlight on our health & wellbeing



WHY DO WE SLEEP?
 Circadian Neuroscientist Russell Foster shares 3 popular theories about why we sleep and busts some myths.



GET SLEEPY PODCAST
 A story-telling podcast designed to help you get a great night's rest. By combining sleep meditation with a relaxing bedtime story, each episode will guide you gently towards sleep.