

Your Quality Sleep Toolkit

Maximize your potential with easy sleep strategies.

Reflection Exercise

Do you struggle to fall asleep? When do you struggle to fall asleep? Is it linked to any external factors that can easily be removed or controlled?

How long does it take you to fall asleep? For good quality sleep, it should take less than 5 minutes to fall asleep.

How often do you wake up in the evening? Why? It's normal to wake up for a bathroom break, but more than once or twice is cause for concern.

How do you feel when you wake up in the morning? You know you're getting quality sleep if you feel well rested when you wake up.

Have you made any changes to your diet or exercise routine recently? If you've only recently struggled, it might be due to some kind of change.

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Sleep Strategies

You're getting quality sleep if:

- You fall asleep quickly
- You don't wake up more than once
- You don't wake up too early
- You wake up feeling rested



Enhance the quality of your sleep with these strategies:

1. Commit to prioritizing sleep as part of your routine.
2. Go to bed at the same time every night. When you go to bed will depend on when you usually wake up in the morning. Remember we are aiming for 8 to 10 hours.
3. Practice relaxation techniques before bedtime.
4. Limit screen time one hour before bedtime.
5. Avoid caffeine and heavy meals before bedtime.
6. Create a sleep-friendly environment.

Create a sleep friendly-environment with these easy steps:

- Darken your room with blackout curtains
- Keep your room at a constant cool temperature
- No phones in the bedroom
- No pets in the bedroom
- Remove any sources of light or noise