Let’s talk about mental health

Improving our sleep

What is fatigue?

Fatigue is a state of mental and/or physical exhaustion where you are unable to think clearly, and perform tasks safely and/or effectively. It is more than just feeling tired and drowsy.

Most adults need seven to nine hours of sleep.

Are you getting enough?

Poor sleep has been linked to a variety of mental and physical health concerns.

Including depression, impaired decision making, reduced immunity and weight gain.

Tips to improve your sleep

1. Set regular sleep and wake up times
2. Eat well and avoid caffeine, nicotine and alcohol
3. Exercise! But not within three hours of sleeping
4. Avoid screens at least one hour before bedtime
5. Keep your room cool with minimal noise, light and other distractions
6. Can’t sleep? Get up and do something calming (like reading or writing). Go to bed when you feel sleepy

What is your routine to help you get a good night’s sleep?