

# Are you getting enough quality sleep per week?

Never before have your food choices been so important for your health and wellbeing

*Find out why at BANT, we believe good sleep hygiene is key to optimising health...*



## Are you sleeping soundly...

Sleep is one of the most underrated activities considering how much it contributes to our everyday health and well-being. Our individual circadian rhythm is the natural, internal process that regulates the sleep-wake cycle and helps us function at our best.



*Why is regular, quality sleep important?*



*How much nightly sleep should you aim for?*



The quality of your sleep at night directly affects your mental and physical health and how energised you feel during the day. Many metabolic processes also take place at night when your body is at rest and able to dedicate time to repair. Sleep impacts all of the following: digestive processes, immune function, emotional balance and mood, brain and heart health, productivity, creativity, vitality, and even your weight. No other activity delivers so many health benefits with so little effort!

**ZZZ**  
**6-9 hours (adults)**  
**< 13 hours incl. naps (kids)**

Your nightly sleep needs are very individual however most adults require somewhere between 6-9 hours of quality sleep. For children the recommendations change according to life-stage with toddlers typically requiring more than older kids. By understanding your sleep needs better you can improve the quality of your waking life.



**Dark / Light**



**Temperature**



**Digital Detox**

- Make sure you have a suitably dark room to promote sleep.
- Find your ideal room temperature and bedding.
- Limit screen time before sleep to allow your brain to wind down.

*Some simple sleep hygiene tips to help you sleep better*

