



The Challenge

Get the sleep you need every night – get into a good bedtime routine!

Why is it important to sleep well?

A healthy lifestyle includes getting enough good quality sleep. Regular lack of sleep can affect your health, making you more vulnerable to colds and infections and is linked to serious health conditions such as obesity, heart disease and type 2 diabetes, and may also lead to depression and anxiety. Sleep is also important for cognitive skills such as communicating well, memory and creative thinking.

How do I get a good night's sleep?

Most adults need between 7-9 hours of good quality sleep a night to function at their best; however, some people will need more and some less.

If you want to improve your sleep, you could try:

- establishing a regular routine for going to bed and waking up;
- avoiding heavy meals, caffeine, nicotine and alcohol late at night;
- making your bedroom 'sleep friendly' – a dark, quiet and cool environment will make it easier to sleep;
- turning off all devices at least 1 hour before bedtime and keeping technology (e.g. TVs, tablets and smartphones) out of the bedroom;
- being physically active in the day.

When you're tired, you're more likely to snack!
Make sure you choose healthier snack options.
You might want to try:

- ★ A bowl of fruit salad (2.1g fibre)
- ★ 3 handfuls of homemade baked vegetable crisps
- ★ 3 handfuls of plain popcorn sprinkled with chilli powder (1.9g fibre)
- ★ A small handful of nuts and seeds (1.2g fibre)
- ★ 3 rice cakes spread with a tablespoon of nut butter (no added salt or sugar) (2.7g fibre)
- ★ A crumpet with low-fat spread (1.6g fibre)
- ★ A small, low-fat fruit yogurt
- ★ 2 tablespoons of reduced fat houmous and vegetable crudites (6.6g fibre)

To find out more about portions sizes, take a look at the BNF 'Find your balance guide' <https://bit.ly/2FywMF4>

These healthier snacks can help you
on your way to your 30g of fibre a day!

Can getting enough sleep help me maintain a healthy bodyweight?

Not getting enough sleep has been linked to a higher intake of calories, eating more snacks and snacking on less healthy foods. Being sleep deprived can also change levels of hormones involved in appetite, making us feel hungrier. These factors can increase the chance of weight gain, which could lead to obesity.



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The Super Challenge

Keep a sleep diary for a week to see how much sleep you are getting.