



The importance of rest and sleep

Having good quality sleep and regular rest breaks can have many benefits for both our mental and physical wellbeing. Good sleep boosts our immune system, emotional resilience and helps us deal with anxiety. It also helps us to feel more positive and make better decisions.

Here are some useful hints and tips that can help improve our quality of sleep and rest. Obviously, how and when we rest and sleep is personal to all of us, but hopefully you'll find something in here that might help you...

Quality rest is not just about putting your feet up

Rest can mean different things to different people. For one it could be going for a long walk or for another it could be moving away from their desk for a quiet cup of tea. Anything that allows you and your mind to relax can give you the space to find it easier to clear your mind, making it easier to solve problems or come up with exciting and creative ideas.

Are you a morning person or a night owl?

Everyone's rhythm for a natural wake up and sleep time is different. If you can adjust your exercise, productive and rest times to suit your own rhythm this can improve your energy, mood and motivation.

Stick to the same routine

Scheduling in rest time during your day will ensure you get the rest and down time you need to maintain energy levels during the day and to allow yourself to wind down before bed time.

Separate rest and work space

Try not work from your bed room if you can help it. It is important to ensure you have dedicated work space and rest space.

A "wind down" routine before bed is very important

Starting about 30 to 60 minutes before bed time, whatever works for you...perhaps a warm bath or shower? Or a meditation podcast to relax you and help the stresses of the day drift away? Or read a chapter or two of a good book?

Reflect on the things that have gone well during the day

This will help you end your day on a calm and positive note

Try not to watch the news, or an intense TV program before bed

Take your mind off the things that are worrying you by listening to a podcast, reading a book or listening to a meditation app before bed. If you like to watch TV before bed, try watch something that doesn't require too much thinking or concentration. You need to relax the brain in order to get a good night's rest.

Move mobile phones away from the bedroom if at all possible

Having your phone in arm's reach can make it tempting to scroll through unread emails or social media before bed. Try and avoid screen time for at least 30minutes before bed time. Also switch your phone to silent so you are not disturbed or tempted to reply to "one last email" – that email will still be there in the morning.