

Be the Brand



MARCH UPDATE - SLEEP

HOW DID YOU GO WITH FEBRUARY'S CHALLENGE?

Last month the focus was physical activity, hopefully you built up your movement throughout the month to get your 30 minutes a day. One of the many advantages of moving more is that it can help you sleep better which just happens to be the focus for March.

MARCH CHALLENGE: HOW MANY DAYS CAN YOU GET 7+ HOURS SLEEP?

Attached is your goal setting and tracking sheet for March. How many days will you aim to get at least 7 hours sleep? What do you need to do to achieve this? Will you be going to bed earlier or waking up later? Are there things you need to plan for to make this a reality?

Use the calendar to plan your activity and record what you have achieved as you go. Make sure you keep it somewhere visible to keep you motivated for the month.

IMPORTANCE OF SLEEP

Sleep is as important for our health as good nutrition and exercise but quite often we don't give it the priority it needs. Poor sleep has been linked to serious health problems, particularly for those with medical sleep disorders like obstructive sleep apnoea.

On the other hand, good quality sleep can have many positive impacts on your wellbeing. For example:

- Weight loss
- Eating healthier
- Concentration and productivity
- Lower risk of heart disease and stroke
- Lower risk of diabetes
- Improved mood
- Improved immunity

According to the Sleep Health Foundation, the average adult needs roughly eight hours a night. However, we are all individuals and some adults will need more while others need less.

To work out a good time to go to bed, work backwards from when you need to get up. If you need to get up at 6am to be at work on time, then you'll need to be in bed by 11pm to get your 7 hours. This may mean you need to plan ahead to ensure you've done all you need to do before 11.

TIPS TO GET ENOUGH SLEEP

Although sleep is important, it's not something we can force ourselves to do. But there are some tips to help your body and mind wind down to make falling and staying asleep a little easier.

- Have a regular sleep time - you may benefit from setting an alarm to remind you to go to bed.
- Create a bedtime ritual by finding relaxation activities that help to wind down from the day.
- Keep screens out of the bedroom - this might seem hard but bright light emitted by devices can confuse your circadian rhythm making it harder to fall and stay asleep.
- Try to have 2-3 hours break between your last meal and bed as when your body is busy digesting it can be harder to fall asleep.
- Get extra support - if you're extra sleepy and have tried several things to help, then you should speak to your doctor.

WELLNESS ACTIVITY IDEAS FOR MARCH

March is all about sleep. Here's some ideas for activities you could do as a team or with family and friends:

- Share your bedtime routines - you might pick up some good tips
- Hold each other accountable and check in each morning

March 2020

FOCUS: Sleep

CHALLENGE: How many days can you get 7+ hours sleep?



MY GOAL FOR THIS MONTH: _____

How will I achieve this? _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 SET A SMART GOAL FOR THE MONTH	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30 SELF CARE: REVIEW Q1 GOALS & SET GOALS FOR Q2	31				

Share your wellness achievements with us!

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