

World **Z^Zz** sleep day

@one



love every drop
anglianwater 

A person with long brown hair is lying in bed, partially covered by a white sheet. Their right hand is near their face, and their left arm is bent. They are wearing a light-colored t-shirt and patterned pajama bottoms. The background is a plain, light-colored wall.

**How to get better
sleep.**



HOW TO GET BETTER SLEEP

AIMS OF TODAY'S SESSION

- How sleep is foundational for overall health & wellbeing
- Tips for achieving healthy sleep
- How to build better sleep habits

FACTS ABOUT SLEEP



SLEEP IS A BASIC HUMAN NEED

We spend up to one-third of our lives sleeping. Sleep is a basic human need, much like eating and drinking, and is crucial to our overall health and well-being.

LACK OF SLEEP HAS A NEGATIVE IMPACT ON HEALTH

Lack of sleep or poor quality sleep is known to have a significant negative impact on our health in the long and short term. Next day effects of poor quality sleep include a negative impact on our attention span, memory recall and learning.

FACTS ABOUT SLEEP



LONG TERM EFFECTS

Longer term effects are being studied, but poor quality sleep or sleep deprivation has been associated with significant health problems, such as obesity, diabetes, weakened immune systems and even some cancers.

LACK OF SLEEP NEGATIVELY IMPACTS MENTAL HEALTH

Lack of sleep is related to many psychological conditions such as depression, anxiety and psychosis

SLEEP IS CRUCIAL TO HEALTH & WELLBEING

Quality sleep is crucial to ensure good health and quality of life.

TEN TIPS FOR HEALTHY SLEEP



1. **Fix a bedtime and an awakening time.**
2. **If you are in the habit of taking a nap, do not exceed 45 minutes of daytime sleep.**
3. **Avoid excessive alcohol ingestion 4 hours before bedtime and do not smoke.**
4. **Avoid caffeine 6 hours before bedtime. This includes coffee, tea and many sodas, as well as chocolate.**
5. **Avoid heavy, spicy, or sugary foods 4 hours before bedtime. A light snack before bed is acceptable.**
6. **Exercise regularly, but not right before bed.**
7. **Use comfortable bedding.**
8. **Find a comfortable temperature setting for sleeping and keep the room well ventilated.**
9. **Block out all distracting noise and eliminate as much light as possible.**
10. **Reserve the bed for sleep . Don't use the bed as an office, workroom or recreation room.**

www.THESLEEPSCIENTIST.COM



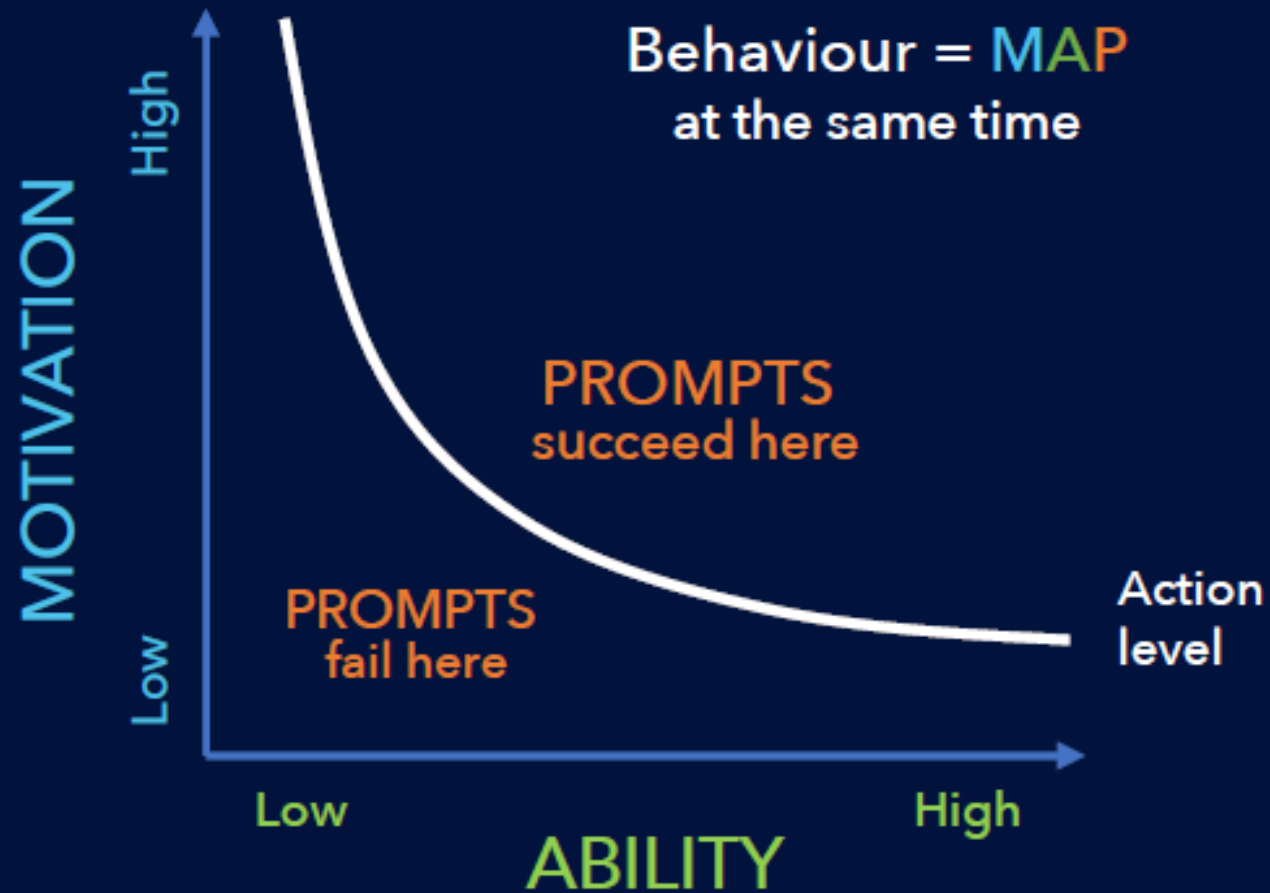
THE SLEEP SCIENTIST
Sleep and performance science unlocked

@one

How to Design a Winning Sleep Habit 2021

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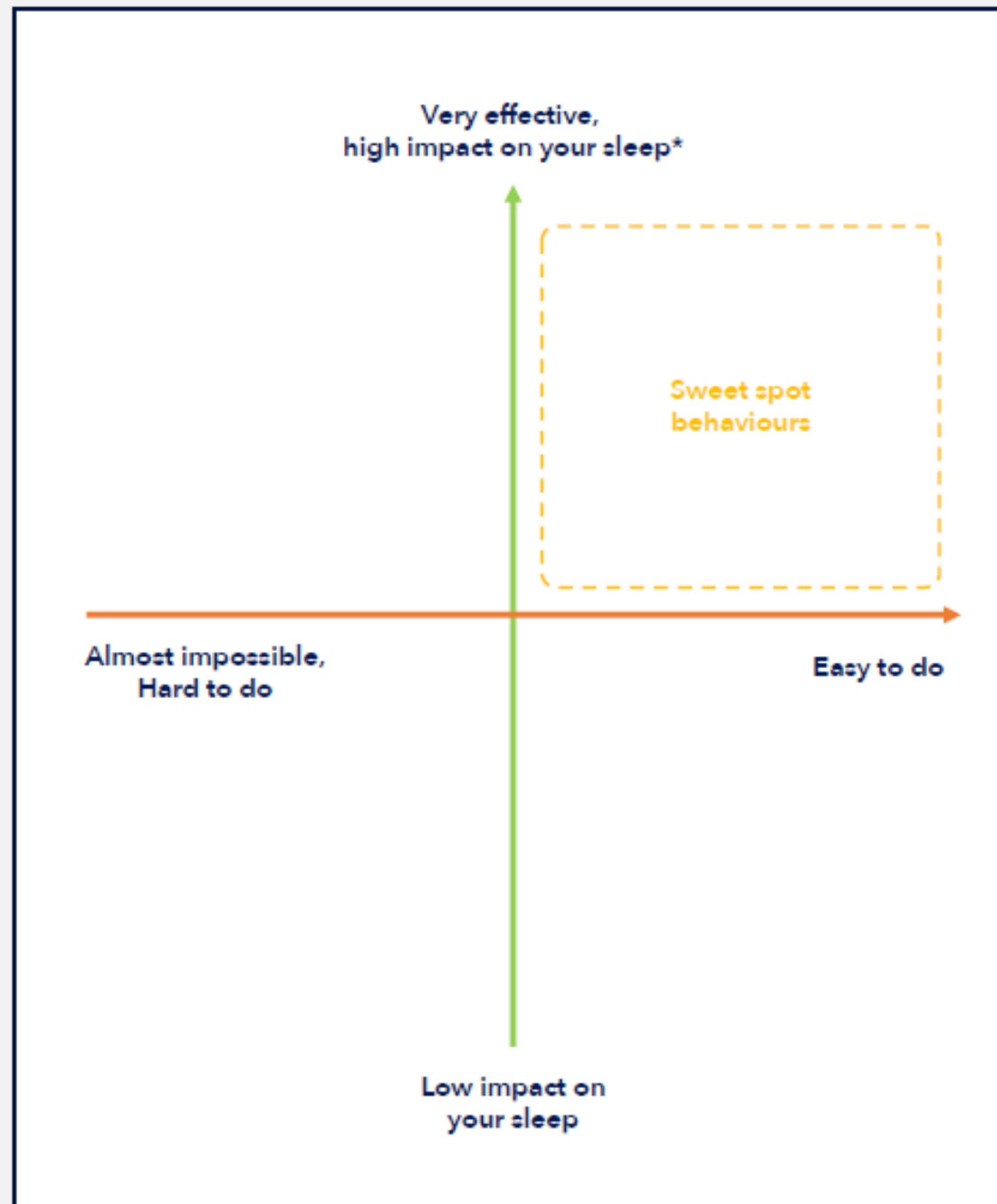
Principles of behaviour design, Tiny Habits (2019)

Wear ear plugs
Help my partner stop snoring
Buy a more comfortable bed
Fit blackout blinds
Adopt a more regular routine
Wind down before bed
Dim the lights at night
Drink less alcohol

Start the day earlier
Sleep in a quieter room in the house
Help the kids sleep better
Buy a light alarm clock
Stop scrolling on my phone in bed
Use blue light filters on technology
Put my gym clothes out ready the night before

Work fewer hours
Work on reducing stress
Cut back on caffeine
Lose weight
Eat more healthily
Find a CBT therapist to help
Warm bath before bed
Tidy my bedroom

Get out of bed at the same time every day
Stop eating 2hrs before bed
Read before bed
Protect time to make love
Meditate every day
Write a daily journal
Listen to music before bed



*If you're not sure, take a best guess - experiment to see what works for you



Wind down
before bed

At 9:30pm when my alarm goes off I will switch off my phone and run a bath

While I brush my teeth I will think of 3 things I'm grateful for

After dinner I'll switch off the main light and turn on side lamps

Do more exercise

When I get out of the shower I will do 2 press-ups, and 2 squats

After lunch I will walk outside for 10 minutes

Whenever I park the car I will choose the far side of the car park to walk further

Practice slow
breathing to relax

When I've brushed my teeth I will take 10 slow calm breaths

Every time I switch on my computer I will take 5 slow deep breaths

When I sit on the toilet I will take 5 slow deep breaths

Example sleep habits with the prompts highlighted

Can you write in 3 simple sleep habit plans?

Habit Plan #1	Habit Plan #2	Habit Plan #3
Each time	At this time	Whenever
I will ...	I will ...	I will ...
Start date:	Start date:	Start date:

Sleep diary & habit tracker

Fill in your planned **wake up** and **ready-for-bed** times at the start of the week. Track 3 pro sleep habits, and you might want to work out your sleep efficiency. At breakfast each morning, tick successes from the previous day, and feel good about any successes!

Start date: _____	Example	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Target wake up time? (Get out of bed within 10 minutes for a tick)	6:30am							
What's your target bed time?	11pm							
1. _____ e.g. Warm bath or shower								
2. _____ e.g. 30 min physical activity								
3. _____ e.g. No technology 1 hr before bed								
How many hours were you in bed for last night?	9 hours							
How many hours were you asleep for?	6 hours							
What was your Sleep Efficiency? = hrs sleep / in bed * 100	67%							
How would you rate your energy yesterday? 10=best ever	8, good day!							

Print me out and stick on the fridge, or a kitchen cupboard, for a daily nudge

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IDEAS FOR SUPPORTING REST & RELAXATION



MINDFULNESS

www.headspace.com



YOGA

www.doyogawithme.com



SLEEP APPS

www.nhs.uk/apps-library/category/sleep/

5 Minute Mindfulness with Headspace



Questions

Responses

How to Sleep zzzzzzz Better 'Lunch & Learn'

1. Your name

2. Do you feel your Health & Wellbeing has been positively impacted by attending this session?

☐ yes

☐ no

3. What did you like most about the event?

4. What do you feel you achieved by attending this session?



Thank you for your time

www.lifewellbeing.co.uk



LIFE plan on a page - AMP7, Year 2



Happier

Focus:

Apr-21 WELLBEING LUNCH
May-21 MEET THE GOOD MENTAL HEALTH AMBASSADORS
May-21 15 MENTAL HEALTH AWARENESS WEEK (AW Collab)
May-21 SLT WELLBEING EVENT - MHAW
Jun-21 WELLBEING LUNCH

Jul-21 SAMARATHON WELLNESS CHALLENGE
Aug-21 WELLBEING LUNCH
Sep-21 CHARITY FOCUS - SUICIDE PREVENTION
Oct-21 SLT LEAD WORLD MENTAL HEALTH DAY 'TEA & TALK'
Oct-21 WELLBEING LUNCH

Dec-21 FINANCIAL WELLBEING WEBINARS (AW Collab)
Dec-21 SLT LEAD WELLBEING EVENT (7 December)
Dec-21 WELLBEING LUNCH
Feb-22 SLT WELLBEING EVENT - END OF FEB (DATE TBC)
Feb-22 WELLBEING LUNCH

Awareness:

Apr-21 STRESS AWARENESS MONTH (AW Collab)
Jun-21 EAP AWARENESS
Jun-21 WELLBEING SURVEY SUPPORT - WEBINAR SERIES tbc
Jul-21 SAMARITANS TALK TO US MONTH
Sep-21 10 WORLD SUICIDE PREVENTION DAY (AW Collab)

Sep-21 28 - 4 NATIONAL INCLUSION WEEK
Sep-21 GMHA & EAP SITE CAMPAIGN
Oct-21 10 WORLD MENTAL HEALTH DAY (AW Collab)
Nov-21 13 WORLD KINDNESS DAY
Nov-21 INTERNATIONAL MENS DAY 19

Dec-21 WELLBEING SURVEY SUPPORT - WEBINAR SERIES tbc
Dec-21 MENTAL HEALTH OVER THE HOLIDAYS
Jan-22 BLUE MONDAY
Mar-22 INTERNATIONAL WOMEN'S DAY 8
Mar-22 INTERNATIONAL DAY OF HAPPINESS 20

Healthier

Focus:

May-21 WELLBEING LUNCH
Jun-21 MEN'S HEALTH - DROP IN / SITE VISITS
Jul-21 WELLBEING LUNCH
Aug-21 BACK CARE HEALTH 'LUNCH & LEARN'

Aug-21 SLT WELLBEING EVENT - TBC
Sep-21 WELLBEING LUNCH
Oct-21 WOMENS HEALTH ACTIVITY - MENOPAUSE
Nov-21 WELLBEING LUNCH

Nov-21 MENS HEALTH ACTIVITY - MOVEMBER
Dec-21 EAP DROP IN AWARENESS WEBINAR
Dec-21 WINTER HEALTH WEBINAR
Jan-22 WELLBEING LUNCH
Mar-22 WELLBEING LUNCH

Awareness:

Apr-21 BOWEL CANCER AWARENESS MONTH
Apr-21 ON YOUR FEET BRITAIN DAY 26 (AW Collab)
May-21 6 - 14 SUN AWARENESS WEEK
Jun-21 10 - 16 MEN'S HEALTH WEEK (AW Collab)

Aug-21 PHYSICAL HEALTH - BACK CARE
Aug-21 08 CYCLE TO WORK DAY
Sep-21 MACMILIAN CANCER SUPPORT DAY (25)
Sep-21 WELLBEING SURVEY SUPPORT - WEBINAR SERIES tbc

Oct-21 5 - 9 BACKCARE AWARENESS WEEK
Oct-21 BREAST CANCER AWARENESS MONTH
Oct-21 18 WORLD MENOPAUSE DAY (AW Collab)
Nov-21 MOVEMBER - (AW Collab)
Mar-22 WELLBEING SURVEY SUPPORT - WEBINAR SERIES tbc

Safer

Focus:

Apr-21 POSITIVE INTERVENTION - COACHING SESSION
May-21 ACTIVE INTERVENTION WORKSHOP
Jun-21 FLS BEHAVIOURAL SAFETY WORKSHOPS

Jun-21 BEHAVIOURAL SAFETY - H,S, WB COMMITMENTS
Jul-21 PEER LED SITE INSPECTION PROGRAMME
Aug-21 JUST AND FAIR COACHING SESSION

Sep-21 BEHAVIOURAL SAFETY - EMPOWERMENT
Nov-21 BEHAVIOURAL SAFETY - AT RISK BEHAVIOURS
Mar-22 BEHAVIOURAL SAFETY - PERCEPTION OF DANGER

Awareness:

Apr-21 BEHAVIOURAL SAFETY LEADER BOARD - HIGHLIGHT
Apr-21 BEHAVIOURAL SAFETY ON LIFE WEBSITE

Aug-21 BEHAVIOURAL SAFETY LEADER BOARD - HIGHLIGHT
Nov-21 BEHAVIOURAL SAFETY TOOL BOX TALKS - LIBRARY

Dec-21 BEHAVIOURAL SAFETY LEADER BOARD - HIGHLIGHT
Jan-22 BEHAVIOURAL SAFETY NEW YEAR RE-SET
Feb-22 BHS & 4PLEDGES - NUDGE TILES SERIES

LIFE

Delivery, Strategy, Comms & Engagement

Mar-22 LIFE ORIENTATION - END OF YEAR AWARENESS
Apr-21 WELLBEING SURVEY BI-MONTHLY
Apr-21 LIFE THE PODCAST - Launch
Apr-21 COMPETITION - CHALLENGE X 1

Jun-21 WELLBEING SURVEY BI-MONTHLY
Aug-21 WELLBEING SURVEY BI-MONTHLY
Sep-21 LIFE EVENT Tbc
Sep-21 LIFE THE PODCAST - Episode Focus
Sep-21 COMPETITION - CHALLENGE X 1

Oct-21 WELLBEING SURVEY BI-MONTHLY
Dec-21 LAUNCH LIFE PLAN Year 3
Dec-21 WELLBEING SURVEY BI-MONTHLY
Jan-22 LIFE ORIENTATION LEADERS YEAR3 AMP7 TRAINING
Feb-22 WELLBEING SURVEY BI-MONTHLY



**Thank you
for listening**

