



Sleep



Sleep is a vital component of overall health that lets the body repair and reduces the risk of disease.

Tips for a good night's sleep:

- **Be physically active throughout the day**
- **Have a regular bedtime and waking-up routine**
- **Eat sleepy foods such as bananas, cherries, oats and nuts**
- **Avoid caffeine, screens and big meals late at night, and avoid alcohol as it has a negative impact on sleep**

For information and support on how to get a good night's sleep, visit www.nichs.org.uk

ADULTS ARE
RECOMMENDED TO GET
7-9 HOURS
EVERY NIGHT

