



Be Ambitious, Spark Imagination, Celebrate Success

BENEFITS OF SLEEP

Getting a good night's sleep has been proven to have numerous benefits to your health and cognitive performance.

Concentration – a good night's sleep improves attention and alertness.

Memory – sleep affects our ability to recall and link information.

Insight – sleep can help your ability to gain the kind of knowledge that has an instant impact on your thinking and behaviour.

Creativity – REM sleep has been proven to be beneficial for creative processes.

Your immune system – sleep can help your body to defend against illness.

COMMON SLEEP MISTAKES

Common sleep mistakes prevent us getting the benefits of sleep. These sleep mistakes are:

Television – watching TV before bed leads to going to sleep later.

Napping – napping at the wrong times can affect your ability to sleep at night.

An irregular sleeping pattern – going to bed a different time each night confuses your internal body clock and messes with your sleeping pattern.

Using your phone – the bright light from your phone mimics daylight and stops melatonin being fully released, keeping you wide awake.

Caffeine – Don't drink caffeinated drinks before bedtime or you won't be able get to sleep!