Top Tips for a Good Night’s Sleep

1. Daylight
Sunlight during the day boosts the sleep hormone melatonin at night
Get 15 minutes of daylight (without sunglasses) every day

2. Ditch Stimulants
- Coffee, chocolate, soft drinks, energy drinks, non-herbal teas, diet pills
- Check medications for caffeine as they can affect sleep pattern

3. Balance Blood Sugars
- Avoid alcohol in the evening as it will cause blood sugars to drop during the night and wake you up
- For the same reason, minimise refined carbs and sugar with your evening meal

4. Exercise
Exercise provides a natural boost to our body’s serotonin levels, which then improves sleep quality at night
- Stretches and relaxation for 10-15 mins before bed
- 15 mins of resistance / HIIT training every day
- Not too close to bedtime

5. Good Sleep Hygiene
Blue light from phones, computers and TV screens can disrupt our natural body clocks by suppressing the production of sleep hormones
- Relax for 15-30 mins before bed with no electronic equipment
- Go to bed and wake up around the same time
- Turn your phone onto Airplane mode
- Try a magnesium bath / foot soak (Epsom salts)

6. How Much to Eat and When
- Main meal at least 2 hours before you sleep
- Only have 3 meals per day (plus protein based snacks if required)

   Night Shift:
   - Have a light 5pm meal, containing protein & vegetables
   - Make the midnight meal your main meal, full of vegetables
   - Keep hydrated

7. Sleep Friendly Foods – containing magnesium, tryptophan or melatonin
- Legumes: black, kidney and butter beans, lentils
- Green leafy vegetables: kale, cabbage, broccoli, chard, spinach, rocket, watercress lettuce, peppers, tomatoes
- Grains: brown rice, oats
- Nuts and Seeds
- Bananas, cherries, kiwi, raspberries
- Meat: chicken, turkey
- Fish: salmon, shellfish, halibut, mackerel, cod, eggs, cottage cheese

6-8 glasses of water per day

Perfect Bedtime Snacks
- Oatcakes with nut butter or cottage cheese and kiwi
- Small handful of walnuts or almonds
- Small bowl of oatmeal

Supporting Sleeptember
Copyright © SuperWellness. www.superwellness.co.uk
NUTRITION TIPS FOR SHIFT WORKERS

Our body is regulated by its circadian rhythm, which means it's programmed differently throughout a 24-hour cycle. Disrupting this rhythm can have an impact on metabolic, digestive, heart and mental health. The good news is that you can significantly reduce the health risks and improve your general wellbeing and energy levels by implementing these tips.

**TIMING**

- **Aim for three satisfying meals** across a 24-hour period
- Eat your main meal in the earlier part of the evening to fuel your body
- Avoid or minimise eating between midnight and 6am
- Avoid large meals for 1-2 hours prior to sleep
- Eat breakfast before day sleep to avoid waking due to hunger
- Stick as closely as possible to a normal day and night pattern of food intake

**NIGHT SHIFT SURVIVAL KIT**

- **Cool bag**
  - Hummus, avocado, plain yogurt, one or two pieces of fruit, chopped crudites
- **Store cupboard staples**
  - Nuts, seeds, oatcakes, rye bread, canned beans, ready cooked quinoa or lentils, tinned sardines, tuna, salmon, nut butters

**USEFUL EQUIPMENT**

- A powerful blender
- A slow cooker for home-made stews
- Insulated or fruit-infuser water bottle
- Food flask
- Lunch box
- A selection of snack boxes

**FOOD & HYDRATION**

- Dehydration is a common cause for fatigue.
- Sip water throughout your shift and aim for 1.5-2l every 24 hours
- Choose **white or green tea instead of coffee** to give you a lift without spiking stress hormones
- Take your own food with you to avoid temptations
- Choose **whole foods**, vegetables, lean protein, eggs, nuts, antioxidant rich food such as berries and other colourful plant foods
- **Avoid sugar** rich products such as soft drinks, bakery items, sweets and fibre-poor carb foods (high GI) like white bread
- Avoid foods that are high in iron at night - such as red meat - as they can disrupt the liver's circadian rhythm

**EXERCISE**

- At least 150 mins moderate aerobic activity and 2x strength training sessions a week
- Exercise just before your shift is energizing

**SLEEP & RELAXATION**

- Take regular breaks
- Find a technique that works for you: breathing, meditation, yoga
- Minimise blue light and screen time before bed

**HEALTH CHECKS**

- Vitamin D: working nights can mean reduced exposure to daylight.
- Fasting glucose, to detect any risk of diabetes before it occurs.