

Consequences of poor sleep:

- Undermines [weight loss](#) efforts
- Reduces feeling of [well-being](#)
- Impairs [cognitive performance](#)
- Reduces performance [recovery](#)
- Inhibits [immune function](#)
- Impairs [metabolic health](#)



A quick note on caffeine...

- The half-life for caffeine is 5.7 hours
- Caffeine is still present in your system, 12 hours after consumption!



Practical tips

- Improve sleep hygiene
 - Make sure your [bedroom is cool and dark](#)
 - Avoid [blue light](#) close to bedtime e.g. screens
 - Turn phones off!
- Prioritise sleep; Ensure an absolute [minimum of 6hrs](#) per night (This is [age-dependent](#))
- Include [carbohydrates](#) in the last meal before bed
- [Avoid alcohol](#) prior to sleep
- Avoid caffeine for at least 12 hours before sleep; choose decaffeinated, herbal or red bush teas as alternatives
- Use the weekends and less busy days to catch up on sleep

