

Sleeping well

MAINTAINING HEALTHY HABITS DURING COVID 19

"Sleep is like a butterfly. You cannot reach out and grab it and catch it. If you stay quiet and still, the butterfly will come to you. It is the same with sleep. You cannot force yourself to go to sleep, so do not try. Simply allow yourself to be relaxed and quiet, and sleep will come to you."

sleephealthfoundation.org.au

SLEEP HEALTH FACTS

Inadequate sleep can affect our physical health. When we do not get enough sleep or if our sleep is disrupted this can negatively impact our diet, physical activity levels and even blood pressure levels.

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Poor sleep can also negatively affect mood and daytime functioning when awake. It impairs our ability to think clearly and make sensible decisions. It can also lead to increased levels of anger, sadness or irritability.

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Sleep helps us fight off infection. Good sleep quality and quantity is important for the immune system as when sleep is of poor quality it can impair our immune response and may result in 'flare-ups' of other chronic illnesses or disease.

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It's important to maintain good sleep habits throughout uncertain times. Inadequate sleep can induce and/or make our feelings of anxiety and stress seem worse.

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For more sleep facts and tips on sleeping well, visit The Sleep Health Foundation
sleephealthfoundation.org.au

*Resources and materials are general advice only. For tailored support, or if you have any specific questions or concerns please talk to your GP or Healthcare team.