



David Fairlamb

THE FIT FACTOR

LIFESTYLE CHANGE

If you are looking to improve your sleep, stay clear of caffeinated drinks such as tea, coffee and energy drinks after midday.

FITNESS TIP

Try to avoid training late in the evening as you may feel over-energised and have trouble falling asleep.

Don't miss David's tips every Saturday in your Journal

STATS show nearly two-thirds of the UK are reporting some negative impact on their sleep from the Covid-19 crisis proving just how unsettling the pandemic and lockdown measures have been for many.

Young people in particular have experienced the most impact on their sleep. As with so many aspects about Covid-19, the crisis is affecting everyone very differently which includes the most fundamental aspects of life, such as sleep.

Good quality sleep is important to maintain our physical and mental resilience and disturbed sleep is often caused by stress.

It also plays an important role in looking after your immune system. It can even lower your risk of developing health problems, including diabetes, heart disease and high blood pressure.

Poor sleep can play a role in increasing our levels of stress, which can create a cycle that is difficult to break.

For those struggling with sleep and sleep patterns here are a few things you can try:

Reduce Blue light

It's important to reduce light before you sleep. Artificial lighting can trick your body into thinking it's daylight. Look to remove any electrical devices that emit blue light from your bedroom at least 90 mins before going to sleep.

Limit your caffeine intake

Steer clear of caffeinated drinks, such as tea, coffee and energy drinks. Research shows that if you are aged 50+ consuming a strong coffee post midday can affect your sleep. Another option is to switch to decaf or caffeine-free versions.

Alcohol

Alcohol consumption has increased in many households. Unfortunately, it affects the quantity and quality of your sleep, while alcohol may help you fall asleep faster, it can disrupt your sleep.

*New day new
strength new
thoughts*

**Motivational quote
of the day**

Routine

It's hugely important to try to keep regular sleeping patterns by aiming to go to bed and wake up at the same times every day. Avoid sleeping in at the weekend, as it can make it harder to wake up on Monday morning as your body is out of routine.

The vicious circle of sugar

Most of us, but especially children are spending longer and longer on phones and social media during Lockdown. Whether it be on a games console or face timing friends, many turn to sugar as a quick fix to keep themselves awake. Unfortunately, you will inevitably get a sugar rush and struggle to sleep afterwards. Healthy eating habits will lead to better sleep and improved sleeping patterns.

Natural Light

Getting outside and exposing yourself to natural light plays an important role in keeping you mentally and physically in balance. It's tough when the weather has been so cold and there is little daytime light. However, exposure to outdoor light and dark helps to regulate a hor-



➤ **Devices which emit blue light can disrupt your sleep**

Exercise

more in your body called melatonin, which helps regulate your sleep patterns.

Grabbing a quick nap

A short power nap in the early part of the afternoon can be helpful for some but avoid sleeping for any length of time as it could affect your sleep that night.

Regular exercise during the day can help you sleep better by relieving any worries or anxiety you have. Try to avoid training late in the evening as you may feel over-energised. Try our ZoomCamp classes, Monday/Wednesday 7am and Saturday 9am they suit ages and levels.