

SCOPE

SPORTS INJURY & EXERCISE CLINIC

5 Steps To Better Sleep



SLEEP

THE MOST UNDERVALUED COMPONENT TO YOUR HEALTH AND RECOVERY

Have you ever wondered why we need to spend about 1/3 of our lives sleeping? What happens when we sleep that is so important to our health and well being that we must spend around 30 years out of a 90 year life doing it? Obviously, sleep is extremely important, however, very few of us consider how to improve both the quality and quantity of sleep to improve our health, performance and recovery.

In the realm of injury, pain and performance, sleep is at the forefront of recovery. It is an essential component to pain management, reducing injury risk and enhancing performance. Yet, clinicians rarely advise and educate on the practicality of improving sleep quality and quantity.

At Scope Sports Injury Clinic we are passionate about enhancing recovery and sleep is a pivotal part of that so we have created this ebook to help you feel better, live longer, recover quicker and perform at your best.

TAKE THE TEST

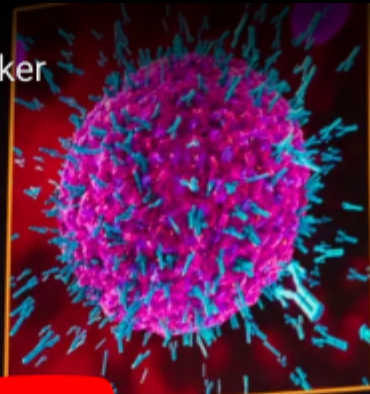
To start off take the Pittsburg Sleep Quality Index test. A simple questionnaire that evaluates your sleep quality. The higher the score, the poorer the quality of your sleep

[Click Here to Take the Sleep Quality Test!](#)





Sleep is your superpower | Matt Walker




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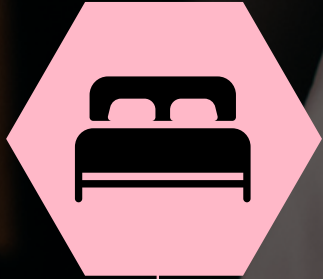
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5

STEPS TO BETTER SLEEP



CREATE AN OPTIMAL SLEEP
ENIRONMENT

CREATE YOUR SLEEP ROUTINE



LIMIT ALCOHOL & CAFFIENE
CONSUMPTION

INCREASE DAILY SUNLIGHT
EXPOSURE



EXERCISE REGULARLY

1. Make your bedroom as dark and quiet as possible
2. A cooler room temperature is ideal
3. Avoid pets and other distractions in the bedroom
4. Make sure your bed and pillow are comfortable

CREATE AN OPTIMAL SLEEP ENVIRONMENT

CREATE A SLEEP ROUTINE

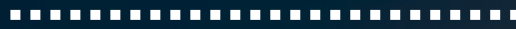
1. Set a consistent sleep and wake time.
2. No screen time 1-2 hours before bed
3. Switch off non-essential lights
4. Do something relaxing such as read, have a herbal tea or light stretching.
5. Have a hot shower 30mins before bed

1. Alcohol diminishes sleep quality, avoid drinking 2-3 hours before bed.
2. Caffeine has a 1/2 life of 8 hours. Aim to only have caffeine in the AM hours to reduce circulating caffeine at bed time.

LIMIT CAFFIENE AND ALCOHOL CONSUMPTION

1. Aim for 30-45 minutes of daily sunlight, without sunglasses. Sunlight helps to regulate our bodies daily rhythm

INCREASE DAILY SUNLIGHT EXPOSURE



INCREASE YOUR EXERCISE

- 1. Aim for 30-45 minutes of moderate intensity exercise each day.**
- 2. Avoid exercise 1-2 hours prior to sleeping if possible**



Integrate each step one at a time over a 3-4 week time frame. As you stay consistent your brain will start to predict your routine and prepare for sleep automatically. The timeframe for this to occur will depend on how consistent you are, so aim to be as consistent as you can and the body will do the rest.

Sleep Schedule

Fill out your night time routine. An example schedule is on the next page



My ideal bed & wake time is...

2 hours before I go to be I...

1 Hour Before I go To Bed I...

When I Hop Into Bed I...

If I Struggle To Fall Asleep Or Wake Up In The Night I...

Sleep Schedule

Example sheet

