

THE 5 PRINCIPLES OF GOOD SLEEP HEALTH

Lately, a lot of us have become really fixated on sleep.

We time it,

we track it,

in the hope that we can eventually master it.

Good sleep is really essential

to the functioning of every human mind and body.

But if you focus on the data and the details of your sleep,

it's really unlikely to improve it.

In fact, it could have the opposite effect.

After all, sleep done right

isn't really something that we do at all...

it's something we simply let happen.

So instead of setting really rigid rules

and aiming for perfection,

try applying these five principles of good sleep health

- wherever you are in the world

...or in life.

First, value your sleep.

Remember, it heals us,

balances our emotions,

keeps us energized,

and supports our cognitive function.

We can't live without it, so we've got to see it as

the life giving treatment that it is...

and prioritise it.

So just as we make time for food when we're really hungry,

make time for the sleep that you need.

And that means don't allow other less important activities

to steal your sleeping time.

Well, at least not every night.

Next, we need to really personalise it.

We wouldn't expect everyone to walk around

in the same size shoe...or slipper.

So understand that everyone's sleep needs are also different.

So try to experiment with your sleep to get it right.

Maybe try going to bed earlier or later.

Maybe spend less or more time in bed.

You need to discover the sleep pattern

that feels most comfortable for you.

Next up, take steps to protect your sleep.

So go beyond the usual recommended tweaks to your routine.

Try to develop a deep understanding of how things like

stress and mental activity could be affecting you,

and why it's useful to put the day to rest before you go to bed.

But most importantly of all,

you've got to trust sleep.

So, good sleepers don't try to sleep,

they just trust the sleep will come.

Trusting can be really hard

when you've struggled to sleep before.

But following the five principles of good sleep health

really is the best way to unlock

a better night's sleep.

And with it, the benefits of nature's most powerful medicine.

You can find more information just here.

I think it's over here.

Or maybe it's up here, they didn't tell me.

Look around this page and you'll probably find the link

to the information. Just trust me.

It'll be here.