

Tip sheet

Anxiety and men

Getting quality sleep every night is the key to building your resilience and mental wellbeing. Why is this, exactly? Research shows that getting consistent, healthy sleep helps the body recover, boosts the immune system and supports brain function, helping us focus, process emotions, and manage stress. Lack of sleep, on the other hand, can increase risks for mood disorders, memory issues and chronic health conditions like high blood pressure. By understanding the impact of sleep on our overall health and striving for better rest each night, we can take positive steps toward a healthier, more balanced life.

Here are some great ideas for improving your nightly sleep, created from Kiwi research about fatigue by Leigh Signal, associate director at the Sleep/Wake Centre.

- Missed sleep takes two nights to catch up on, so try to avoid all-nighters
- Travelling overseas? Get as much daylight as possible - it will assist you overcoming jetlag and adjusting your circadian rhythms
- And lastly, if you're someone who struggles to sleep in silence, try white noise or calming music to see if this makes a difference.



Tips for improving your sleep

- Make sure your bedroom is dark and quiet
- Set your room temperature at 17-20 degrees – not too hot, and not too cold
- Invest in a quality bed
- Work on a regular sleep schedule with a pre-sleep routine
- Get enough sunlight exposure during the day to support your natural rhythms
- Avoid physical activity or food at least 2 hours before going to bed
- Once you're in bed, try not to use phones that have blue light as it disrupts your biological clock

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