

KEY NUTRITION

TOP TIPS FOR SLEEP

Every living organism on the planet needs sleep, even if it's a small amount. Sleep is an integral component of human health, and sleep loss can adversely affect the way we function in our everyday life. Sleep is important because it can help us physically heal, recover from illness, deal with stress, solve problems, consolidate memories, and improves motor skills. A good night's sleep isn't just about how many hours of sleep you get, but also the quality of that sleep.

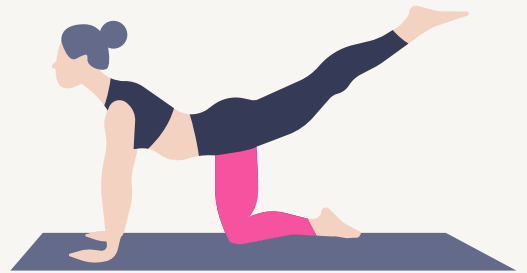
STICK TO A SCHEDULE



Aim to sleep at the same time each night, and wake up at the same time each morning.

EXERCISE

Exercise can help to exert yourself, leading to better sleep. Aim for 30 minutes per day and at least 2-3 hours before bed.



LIMIT SCREENS

Gadgets can emit light which can limit melatonin secretion, affecting our sleep/wake cycle. If you cannot avoid screens before bed, purchase some blue light blocker glasses and turn your phone onto "red light" mode.



RELAX BEFORE BED

Try to unwind before bed. Do some meditation, light reading, breath work or some stretching. Get into a routine of doing something that relaxes you. I love to lie on a shakti mat (<https://www.shaktimat.co.nz/>) and read my book in red light or do some meditation.



GET EXPOSURE TO NATURAL DAYLIGHT



Especially in the first half of the day, or aim to get at least 15 minutes of natural sunlight directly on your skin when the sun comes up. This increases serotonin production which converts to melatonin in the evening. It is our "feel good" hormone so makes us feel happy.

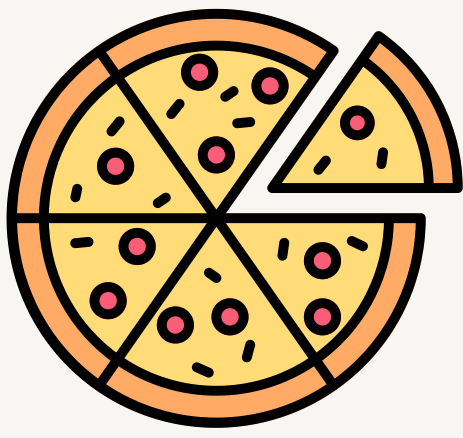
AIM FOR BETWEEN 7-9 HOURS OF SLEEP PER NIGHT

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NUTRITION RELATED TIPS

Sleep is central to good health and wellbeing. We need adequate sleep to optimise our physical and mental functioning. The quantity and quality of our sleep can impact our risk of chronic disease.

Eating behaviours to
support good sleep



AVOID LARGE MEALS

Large meals and large amounts of beverage may affect digestion which may interfere with your sleep.

AVOID ALCOHOL

Drinking alcoholic beverages before bed can keep your sleep in the lighter stages of your sleep cycle.



SKIP THE CAFFEINE

Caffeine consumed in the afternoon or later may impact the quality and quantity of your sleep.

CHECK MEDICATIONS

Some medications taken in the afternoon may impact sleep patterns. Check with your GP if these can be taken earlier in the day.



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SLEEP SUPPLEMENTS

Supplements to support a great night's rest

TRI MAGNESIUM RESTFUL NIGHT SLEEP



Key Nutrition's *Sleep Potion* combines magnesium, inositol, and glycine to optimise sleep. It also includes a range of calming herbs to improve sleep quality.

Dosage recommendation: 1 teaspoon mixed in water 45 minutes before bed.

<https://keyvitaminsplus.co.nz/products/tri-magnesium-restful-night-sleep>

INOSITOL POWDER

Inositol Powder supports overall relaxation and helps maintain the proper metabolism of serotonin. It may aid in attaining a restful night's sleep.

Dosage recommendation: 700 - 900mg mixed in water 45 minutes before bed.

<https://keyvitaminsplus.co.nz/products/inositol-powder>



WHOLE BODY TOTAL COLLAGEN

Whole Body Collagen is a dairy free protein source containing three clinically studied (GELITA) collagen peptides.

Dosage recommendation: 1 scoop mixed in water 45 minutes before bed.

<https://keyvitaminsplus.co.nz/products/whole-body-total-collagen>



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