



Sleep and Stress

Racing mind

If you find yourself still trying to solve problems whilst lying in bed, this will clearly interfere with your sleep quality. Get thoughts out of your head on to paper and then give yourself permission to forget about them and deal with them in the morning.

Curb the caffeine

Caffeine can make your stress levels worse as well as disrupt sleep. Limit usage to the morning if you think caffeine could be reducing your sleep quality.

Stress management

Chronic stress can lead to excessive levels of the stress hormone cortisol in your system, disrupting your sleep. Focus on addressing the key areas elevating your stress levels that you have control over. Learn to let go of the things you can't control.

Chicken or egg?

Do you try and get more sleep to reduce stress or reduce stress in the hope of sleeping better? Sleep is a fundamental of life and a good night's sleep makes you able to tackle the day's stress more easily.

Blow off steam

If you're feeling really wound up do something physically active. Hit a punch bag, go for a run, or practice some breathing and relaxation techniques. Physical activity releases feel good, mood boosting endorphins as well as improving sleep quality.