



**Wellbeing
Wednesday**

How does 'Being Active' help with your sleep?
How can you 'Be Active' this week?

World Sleep Day - Friday 19th March 2021





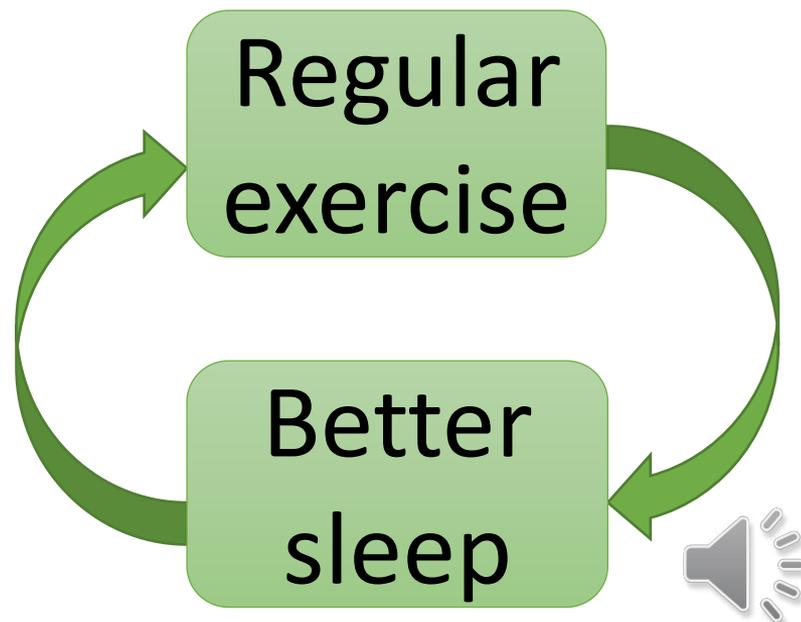
Why does exercise help you sleep?

- You need a minimum of 8 to 10 hours' good sleep
- Sleep is as important to our health as eating, drinking and breathing

Being active tires you out ready for a good nights sleep.

Exercise relieves stress and anxiety by releasing endorphins, which improve sleep quality

Exercise boosts serotonin, a hormone involved in sleeping.



What type of exercise helps you sleep?



More vigorous exercise (cardio and resistance) results in better sleep:

- Resistance exercises e.g. push-ups, sit-ups, squats
- Running / jogging / fast walking
- Cycling
- Kickboxing
- Zumba / dance



- **Before you exercise:** **IMPORTANT**
- Wear appropriate clothing (remove any jewellery)
- Find an appropriate safe and clear space.
- **DO NOT PRACTICE if you have any health conditions or injuries!!!**

But even light exercise (e.g. walking) improves sleep quality. So pick an exercise you like and do it regularly 😊

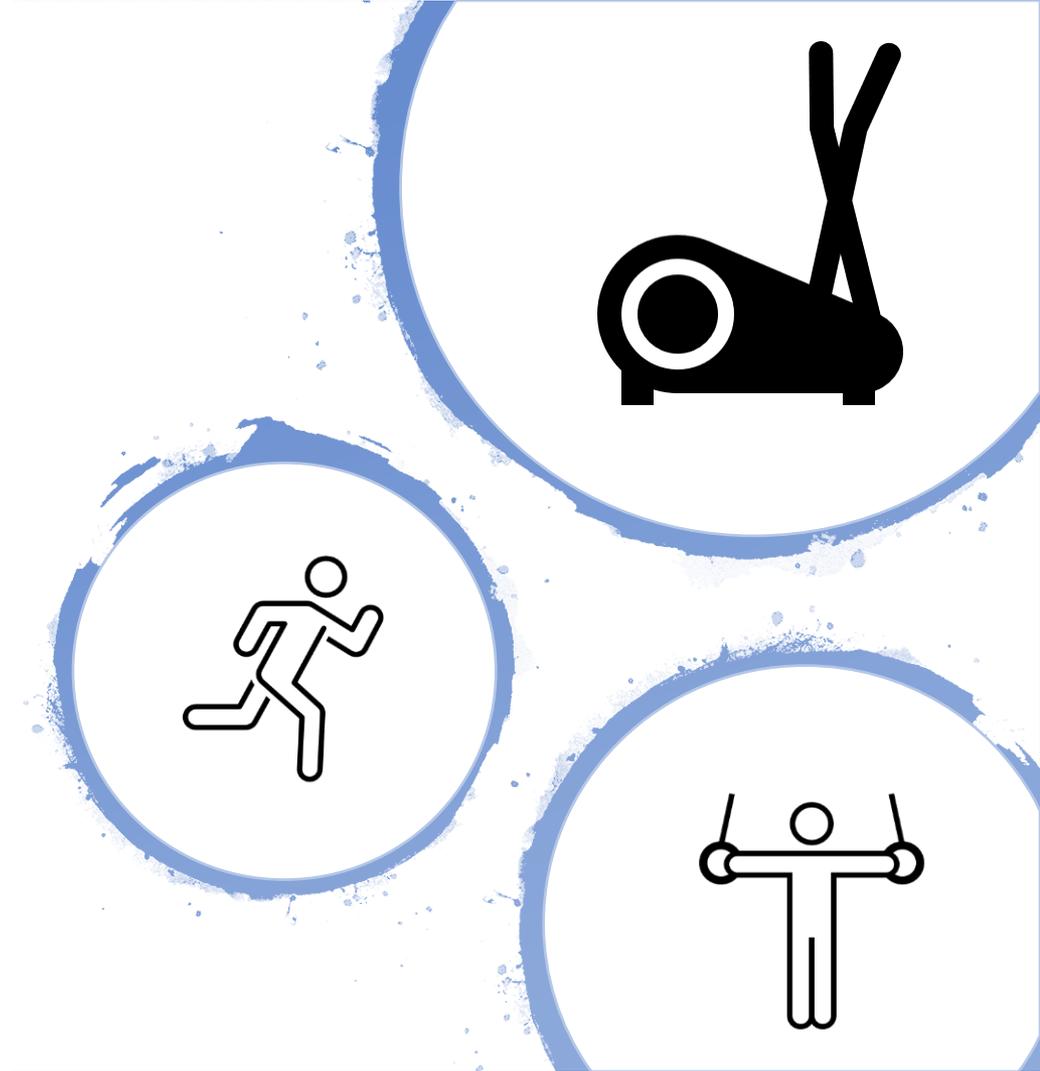
Try to finish moderate to vigorous workouts at least three hours before bedtime.

Relaxing, low-impact exercises such as yoga or gentle stretching in the evening can help promote sleep.



As a class or in pairs,
discuss the following...

- What kind of exercise you do?
- How does it make you feel?
- Do you think it helps with your sleep?
- What might you try to do more of in the next week?



Music and
sleep



Music and sleep

Another way to improve the quality of your sleep is to listen to music!



This is because listening to music causes your brain to release chemicals called **endorphins**. These chemicals can make you feel calmer and improve the quality of your sleep. They are also released during exercise!



Studies have shown that listening to music for 45 minutes before going to bed can improve the quality of your sleep





Music and Sleep

Top tips!



To help to improve your sleep, choose music that you **enjoy** and that makes you feel **calm**



Try not to fall asleep wearing headphones! (it isn't good for your ears)
Use a small speaker or your phone to listen

Avoid looking at screens!





REMEMBER THE SIMPLE THINGS
THAT GIVE YOU JOY



Activity

Make a list of songs or artists that you find calming to listen to.



Quiz time

Please complete the 5-question multiple choice quiz once you have attempted the workout

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