

# The impact of sleep on physical health and wellbeing

Getting enough good-quality sleep is important for your overall physical health and wellbeing.

## How can sleep patterns impact physical health and wellbeing?

There is a growing body evidence that shows:

- not getting enough sleep can lead to choosing and eating more high-sugar and high-fat foods
- fatigue and tiredness from sleep deprivation can result in less physical activity (planned and spontaneous) and increased sedentary behaviours
- short sleeps, poor-quality sleep and late bedtimes are all associated with excess food intake, poor diet quality and a higher **body mass index** (BMI).

## How much sleep is enough?

According to the Sleep Health Foundation, adults aged 18 to 64 years should aim to have seven to nine hours of sleep per night, with no less than six hours and no more than 10 hours.

For more information about getting enough sleep, visit [sleephealthfoundation.org.au](http://sleephealthfoundation.org.au)

## Tips for getting good-quality sleep

- Set a regular sleep schedule by going to bed and waking up at the same time each day.
- Do at least 30 minutes of daily physical activity.
- Avoid drinking tea, coffee and other sources of caffeine after noon.
- Limit daytime naps to 30 minutes and do not nap in the late afternoon.
- Avoid alcohol. If you do consume alcohol, avoid two to three hours before bed.
- Avoid stimulating activities, such as exercise or arguing just before bed.
- Limit screen time before bed and schedule devices to display warmer colours in the evening (e.g. Night Shift on Apple iPhones and iPads).
- Create a relaxing bedtime routine by dimming the lights in the evening, listening to calming music or podcasts, reading a book until you feel sleepy or following a sleep meditation (available on apps such as Headspace, Calm and Smiling Mind).



### Sleep helpers

A regular sleep schedule

Daily physical activity

A relaxing bedtime routine

VS

### Sleep hindrances



Screen time before bed

Caffeine, nicotine and alcohol

Daytime naps

[shape.wapha.org.au](http://shape.wapha.org.au)

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## Monitor your sleep patterns with a sleep diary

To learn more about your sleep quality and monitor your sleep patterns, it can be helpful to complete a sleep diary. You can get started by using the simple sleep diary provided below. Or if you would like to record more detailed information, try completing the [sleep diary](#) on the Sleep Health Foundation website.

Day	Time that you went to bed	Time that you woke up	Total hours slept
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			

### Notes about your sleep quality

Write down anything you noticed about the nights that you did or did not sleep well. What did you do during the day? What did you do before bed? Do these align with the sleep helpers vs sleep hindrances on the previous page?

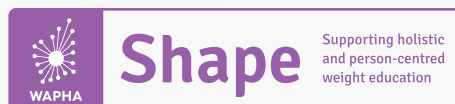
### Talk to your GP for more information

If you would like more information, talk to your GP about the different options available to support your sleep quality, mental health, physical health and weight management.

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