INCREASE YOUR SLEEP QUANTITY

Habit Cheat Sheet

What is Sleep Quantity

Sleep quantity refers to the amount of time a person spends sleeping, from the moment they fall asleep until the time they wake up.

It's important to note that sleep quantity is not about the time a person goes to bed but instead centres around the actual duration of sleep. In other words, even if you spend nine hours in bed if you toss and turn all night, you may not have achieved sufficient sleep quantity.

Why is Sleep Quantity So Important?

Sleep quantity plays a critical role in weight loss, fitness improvement and ageing well.

Studies have found that people who sleep for fewer hours find it harder to lose weight and a greater likelihood of obesity.

Getting an adequate amount of sleep also helps to reduce inflammation, enhance muscle recovery and repair, support cognitive function and memory and promote a healthier immune system, all of which are key to performing well and staying healthy and youthful as we age.

INCREASE YOUR SLEEP QUANTITY HABIT IDEAS

TRACK YOUR SLEEP QUANTITY

STICK TO A CONSISTENT SLEEP SCHEDULE

SHAPE YOUR SLEEP ENVIRONMENT

AVOID SCREENS BEFORE BEDTIME

AVOID CAFFEINE AFTER 2PM

DON'T LIE IN BED AWAKE

FOLLOW A ROUTINE TO HELP YOU RELAX BEFORE SLEEP

DON'T TAKE NAPS AFTER 3 P.M

AVOID NICOTINE COMPLETELY

GET REGULAR EXERCISE, BUT NOT WITHIN 2-3 HOURS OF BEDTIME

DON'T EAT A HEAVY MEAL LATE IN THE DAY

TALK WITH A SLEEP SPECIALIST IF YOU CONTINUE TO HAVE TROUBLE SLEEPING

Track Your Sleep Quantity

Tracking sleep quantity can help you become more aware of your sleep patterns and identify any disruptions to your sleep that you may not have been aware of before.

By being more mindful of your sleep habits, you can make adjustments to your bedtime routine that can lead to a better sleep experience.

A free app that can aid in tracking sleep quantity and provide personalized sleep tips for both iOS and Android is Sleep Cycle.
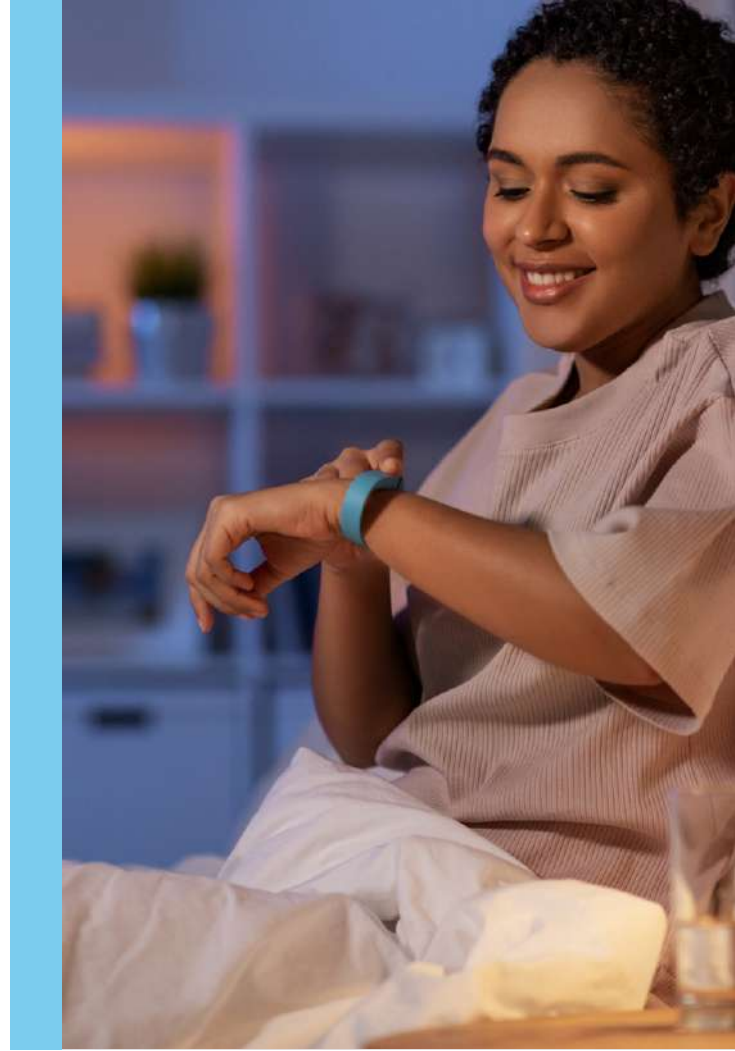
Stick to a consistent sleep schedule

Getting a good night's sleep is essential. Research has shown that people who don't get enough sleep are more likely to be overweight or obese.

One of the reasons for this is that lack of sleep can lead to cravings for unhealthy foods. Sleep deprivation also increases the level of the stress hormone cortisol, which can promote the storage of fat. In addition, fatigue makes it harder to exercise self-control, so you're more likely to give in to temptation.

For all these reasons, it's important to go to bed and get up at the same time each day, even on weekends. This will help to ensure that you're getting enough sleep and keeping your hormones and metabolism in balance.

Avoid Screens Before Bedtime

Avoid using electronic devices, watching television or engaging in any activity that may cause excitement within an hour of going to sleep.

Sleep-friendly replacements could include;

Read a book
Listen to an audiobook, podcast or music
Perform meditation
Complete 10 minutes of a Mindfulness Colouring Book
Journal about your day
Perform breathe work
Have a bath
Take a shower

Avoid Caffeine After 2 PM

You may want to consider cutting back on caffeine and alcohol. Both of these substances can interfere with sleep, and late in the day is when they are most likely to have an effect.

Caffeine can stay in your system for six hours or more, so if you're drinking coffee or tea after 2pm, it may be preventing you from getting a good night's sleep. Alcohol, on the other hand, may make you feel sleepy at first, but it actually disrupts sleep later in the night.

Don't Lie In Bed Awake

Lying in bed awake is not going to help you lose weight or increase sleep quantity. In fact, it's more likely to do the opposite. When you're lying in bed awake, your body is in a state of alertness and your mind is racing. This makes it harder to fall asleep, and you're more likely to wake up during the night.

Not only that, but lying in bed awake can also lead to overeating. Studies have shown that people who sleep less than seven hours a night are more likely to be obese.

Follow our sleep troubleshooting steps here for advice

Follow A Routine To Help You Relax Before Sleep

Many people struggle to get a good night's sleep, and as a result, they may find it difficult to lose weight. However, following a routine before bed can help you relax and get the quantity sleep you need.

For example, reading or listening to music can help you wind down after a long day and prepare for sleep. In addition, avoiding electronics in the hour before bed can help you avoid stimulation that can keep you up at night. By following a routine before sleep, you can help yourself lose weight and increase the quantity of your sleep.

Don't Take Naps After 3 PM

A lot of people think that napping is just for lazy people or young kids. However, naps can actually be really beneficial for your health, especially if you're trying to lose weight.

Naps can help to boost your metabolism and burn more calories. However, it's important to nap at the right time and for the right duration. Naps taken after 3 p.m can interfere with your sleep at night, making you more likely to reach for unhealthy snacks when you wake up.

Similarly, naps that are too long can leave you feeling groggy and sluggish, which can lead to overeating. To get the most out of your nap, aim to take a 20-minute power nap in the early afternoon. This will give you enough time to rest and rejuvenate without disrupting your nighttime sleep.

Avoid Nicotine Completely

Losing weight and getting a good night's sleep are two important goals for many people. And while there are many different ways to achieve both of these objectives, quitting nicotine is one step that can help you accomplish both.

Nicotine is a stimulant, which means it can increase your heart rate and make it difficult to fall asleep. In addition, nicotine can also impact your metabolism, making it harder to lose weight. Quitting nicotine will not be easy, but the rewards in terms of better sleep and improved health are definitely worth the effort.

Click here for help quitting smoking.

Get Regular Exercise, But Not Within 2-3 Hours Of Bedtime

Most people know that regular exercise is important for maintaining a healthy weight. However, what many people don't realize is that the timing of your workouts can also have an impact on your ability to lose weight. In general, it's best to avoid working out within 2-3 hours of bedtime.

This is because exercise can increase your body temperature and make it harder to fall asleep. As a result, you may find yourself lying awake at night, which can lead to weight gain. Additionally, getting regular exercise has been shown to improve sleep quantity.

Don't Eat A Heavy Meal Late In The Day

One of the best ways to lose weight and improve your sleep quantity is to avoid eating a heavy meal late in the day. Instead, try to eat your last meal of the day at least a few hours before you go to bed.

This gives your body time to digest the food properly and helps to prevent feeling bloated or uncomfortable when you lie down. So if you're looking to slim down and get a better night's sleep, cut out late-night meals and snacks.

Talk With A Sleep Specialist If You Continue To Have Trouble Sleeping

Talk with a sleep specialist at sleepio.com if you continue to have trouble sleeping to help you lose weight and increase sleep quantity.

It's been proven that those who sleep less than 7 hours a night are more likely to be overweight, so if you're not reaching that 7-hour goal, it may be time to speak with a specialist at sleepio. They can help determine the cause of your sleeplessness and find a treatment that works for you, whether it's medication, therapy, or a change in lifestyle habits.

Getting more shut-eye will not only help you slim down, but you'll also feel more rested and productive during the day. So if you're struggling to get a good night's rest, visit sleepio.com and start getting the zzz's you need to meet your weight loss goals.

Click here to speak to a specialist at Sleepio for free.

HOW MANY HOURS OF SLEEP DO I NEED EACH NIGHT?

While an average adult typically needs 7-9 hours of sleep each night, the actual amount of sleep a person requires can vary based on individual factors such as genetics, age, lifestyle, and health conditions.

So, it's possible that you may need slightly more or less than the recommended hours of sleep each night. It's essential to experiment with different amounts of sleep and find your perfect sleep time. For instance, if you're consistently waking up feeling drowsy after sleeping for 8 hours, you might try sleeping for an extra 30 minutes or one hour to see if it makes a difference.

Alternatively, if you wake up feeling rested and alert after sleeping for 7 hours, then getting more than 7 hours of sleep may not be necessary in your case. By experimenting with different sleep durations, you can find the perfect sleep time that works best for you and helps you wake up feeling well-rested and alert.

IS NAPPING OKAY?

While napping can be beneficial, too much napping can interfere with your nighttime sleep. Keep naps between 20-30 minutes and limit them to early afternoon.

WHY DO I WAKE UP FEELING TIRED EVEN AFTER GETTING ENOUGH SLEEP?

Waking up feeling tired despite getting enough sleep is a common issue. This is because sleep quality is just as important as sleep quantity. Even if you sleep 7-9 hours each night, poor quality of sleep can leave you feeling fatigued and groggy in the morning. Factors such as noise levels, room temperature or discomfort can cause disruptions to your sleep quality, resulting in a feeling of unrestfulness.

Fortunately, by practising good sleep hygiene habits, you can improve your sleep quality and wake up feeling well-rested. These habits include sticking to a consistent sleep schedule, avoiding caffeine and alcohol before sleeping, creating a sleep-conducive environment, limiting daytime naps, and engaging in relaxation techniques before bed. By ensuring that these habits are in place, you can make significant improvements in the overall quality of your sleep and wake up feeling refreshed each morning

If you consistently wake up feeling tired even with good sleep hygiene, you may have an underlying sleep disorder such as sleep apnea or insomnia. Consult a sleep specialist if this persists.

CAN EXERCISE HELP ME SLEEP BETTER?

Yes, regular exercise can help you sleep better, but make sure to finish your workout at least a few hours before bedtime.

ARE THERE ANY NATURAL REMEDIES FOR IMPROVING SLEEP QUALITY?

Some supplements may be helpful for improving sleep. However, it's important to note that they should not be relied upon as the sole solution for sleep-related issues. Developing healthy sleep behaviour habits should be the primary focus for individuals looking to improve their sleep quantity and quality. For instance, sticking to a consistent sleep schedule, reducing caffeine intake, and avoiding electronics before bedtime can have a tremendous impact on your sleep quality.

While supplements can be helpful in conjunction with healthy sleep behaviour habits, it's important to prioritize these habits as they have the most significant impact on your overall sleep health. Examples of supplements include chamomile tea, lavender essential oil, and magnesium supplements. Please consult with your doctor before taking any supplements or herbs.

CAN TECHNOLOGY HELP ME IMPROVE MY SLEEP QUALITY?

Yes, there are many sleep tracking apps and wearable devices that can help you track your sleep and gather data that can be used to improve your sleep quality. A free app that can aid in tracking sleep quantity and provide personalized sleep tips for both iOS and Android is Sleep Cycle.

HOW TO SELECT YOUR HABIT

When choosing your new habit, ask yourself these three questions:

1. On a scale of 1-5 how MOTIVATED are you to achieve the habit?

2. On a scale of 1-5 how much ABILITY do you have to achieve the habit consistently?

If you're on the right side of the Action Line then ask yourself...

3. Do you have a PROMPT to remind you to complete your new habit?

This side of the line is where weight loss is likely to happen.

High

Motivation

5

3

1

Low

Action Line

Weight loss is not going to happen!

Hard to do

1

3

Easy to do

5

Ability

FREE
COURSES

LOSE WEIGHT

Develop healthy habits that will sustain your weight loss over time.

FREE　click here

GET FITTER

Sustainable approach that will help you achieve healthy fitness goals.

FREE　click here

AGE WELL

Get the help you need to stay healthy as you age.

FREE　click here