

# Thrive 365 #3

## Did you know?

There are 5 separate stages in a complete sleep cycle and a full cycle can take about 1.5 hours! On average, adults need 4-5 complete cycles a night to stay physically and mentally healthy. It's recommended that 7-12 year olds have 10-11 hours, and 12-18 year olds 8-10 hours...but what are the best ways to get a good night's sleep?

## What you can try:



### 1. Routine

Aim to get up at the same time everyday...yes even the weekends! It helps your body get into a regular rhythm of sleep and ensures you get that last complete cycle in before the alarm.

### 2. Store Anxious Thoughts

If your mind buzzes at bedtime, try to 'brain-dump' everything onto paper about half an hour before bed.

Use a notepad, or for children a worry-box (where they post their worries to talk through later). Bedtime is not the time to start talking about worries and getting them onto paper means you don't have to hold them in your head – they're 'stored' until the next day.

### 3. Eat for Sleep

Think about what you eat in the few hours before bedtime. Some foods (bacon, ham, pepperoni, tomatoes and some cheeses like brie & stilton) contain Tyramine. This is an amino acid that triggers the brain to release a stimulant hormone to boost brain activity and so could keep you awake. Time to rethink the pepperoni pizzas just before bed!

*We hope you find this knowledge useful. Warm wishes, Claire and Rachael, Dragonfly Co-founders.*

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