

# Matthew Walker's Tips to Improve Sleep



 TIP SHEET



# 1 in 3

Adults aren't getting the recommended amount of sleep

Sleep plays a vital role in our overall health and wellbeing, yet 1 in 3 adults aren't getting the recommended amount. Sleep expert and THRIVEx keynote speaker, Dr. Matthew Walker, shared his top tips for getting consistent high-quality sleep for better health.



Maintain a regular sleep routine, going to bed and waking up at the same time each day



Avoid stimulants, like caffeine, and sedatives, like alcohol, later in the day.



As part of a nightly wind-down routine, avoid computers, digital tablets and phones in the last hour before bed. If possible, try to keep phones out of the bedroom.



If you can't sleep, get out of bed and do a relaxing activity away from the bedroom, such as reading in dim light. Only return to bed when you're sleepy.



Get screened for sleep apnoea if you are known to be a heavy snorer and/or feel excessively tired during the day.



Consult your doctor if you are experiencing insomnia, including discussion about cognitive behavioural therapy for insomnia (CBTI).



Get exposure to natural daylight, especially in the first half of the day.



Engage in some form of physical exercise during the day.

“

Sleep is the elixir of life. It is the most widely available and democratic powerful healthcare system I could ever possibly imagine.

Matthew Walker, PhD

UC Berkeley Professor of Neuroscience and Psychology; Sleep Scientist at Google

Ready to take your employee wellbeing programme to the next level? [Talk to an expert](#) at Virgin Pulse to get started.

Learn more at [virginpulse.com](https://virginpulse.com) Find us on [facebook](#) | [twitter](#) | [linkedin](#)

[virginpulse.com](https://virginpulse.com)

© Virgin Pulse 2020