

SLEEP & PAIN

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TIPS for better sleep

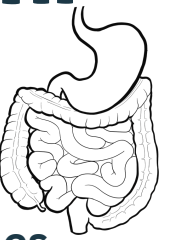
Keep active daily

- Get some sun daily
- Do relaxation exercises
- Avoid long naps (max 20 mins)
- Keep regular sleep-wake cycle



Maintain gut health

- Eat balanced meals
- Eat at regular times
- Eat >20 types of plants weekly
- Eat colourful fruits and vegetables
- Include dairy & fermented foods
- Include omega-3 oils & unsaturated fats
- Limit sugar, saturated fats & red meats
- Avoid alcohol



3 to 4 hours before sleep

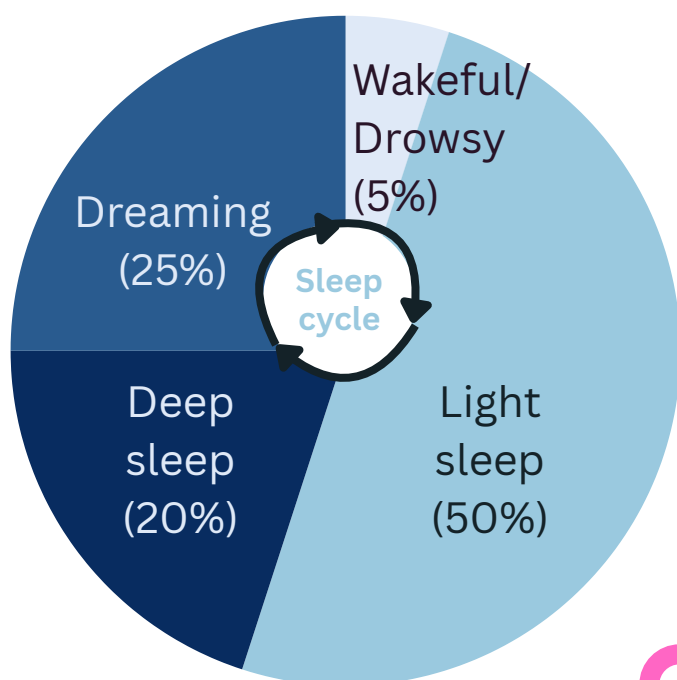
- Avoid heavy meal
- Avoid too much liquid
- Avoid caffeine
- Avoid smoking (nicotine)
- Avoid strenuous exercise

In the bedroom

- Limit noise and light
- Avoid work and screens
- Maintain temperature (16-24°C)



GOOD SLEEP consists of 4–6 complete, well-balanced cycles with minimal interruptions throughout the night.



- Reduces inflammation
- Restores energy balance
- Supports tissue repair
- Calms nervous system
- Regulates hormones

Improves **PAIN** sensitivity

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NOTE:

This poster shares general tips and information for general awareness and educational purposes only. For advice specific to you, please speak with your healthcare professional.