

How to get a good night's sleep

Waking up groggy, cranky, and, overall, just sluggish? You're not alone. According to The Sleep Council, 40% of Brits say they have trouble sleeping. And while it's safe to say that bedtime roadblocks are definitely common (and super frustrating) these days, there are ways to overcome them.

WHAT TO DO

Figure out which roadblock below is getting in the way of you catching a few zzz's. Then, try one of the science-backed strategies. If it doesn't quite work, try another!



ROADBLOCK: A busy mind

Strategy:

- » Listen to a meditation by Headspace in the WW app.
- » Start a worry list. Jot down whatever's stressing you out... and put it aside.



ROADBLOCK: A restless body

Strategy:

- » Take a warm shower or bath about an hour before bed.
- » Put on calming music and do some stretches.



ROADBLOCK: A hectic evening

Strategy:

- » Use Sunday to get ahead of bills, emails - anything that keeps you up late.
- » Outsource meal prep. Cut cooking time with pre-cut or pre-cooked ingredients.



ROADBLOCK: Waking up at night

Strategy:

- » Avoid blue light - it makes your brain think it's daytime. (Hint: don't reach for your phone!)
- » Go to a dim spot and read for 20 minutes.



What sleep strategy are you trying this week?
Let us know in your Connect Workshop group!

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