



Do you wake up tired in the morning?

Adults need approximately seven to nine hours of good quality sleep on a regular schedule each night. It's important to note that getting enough sleep not only applies to the total hours of sleep, but also the quality of sleep. Poor quality sleep refers to difficulty getting to sleep, waking often through the night, and struggling to get back to sleep.



**Did you know?
In Australia**

40%
of people do not
get sufficient sleep



The importance of sleep goes far beyond not feeling tired during the day. We are constantly improving our knowledge in the area of sleep. Recent research shows the health benefits from getting seven to nine hours of quality sleep each night will affect every aspect of your overall health and wellbeing.

Quality sleep contributes to:

- ▶ Improved immune system
- ▶ Better weight regulation
- ▶ Reduced risk of chronic disease, such as diabetes and heart disease
- ▶ Reduced stress and improved overall mood
- ▶ Improved concentration and cognitive function
- ▶ Significant reduction in car accident risk

Implementing some changes to your routine, your lifestyle, your environment, and your thinking can contribute to quality sleep.



Here are some helpful tips for quality sleep:

Routine

1. Have your own wind down routine
2. Respect your bedtime and your bedtime routine every night
3. Avoid stimulating activities late in the evening, such as TV, phones or work

Lifestyle

1. Reduce caffeine and alcohol intake
2. Eat earlier in the evening
3. Aim to get 30 mins of moderate exercise, 5 days per week

Bedroom

1. The colder - 18°C is ideal
2. The darker – Use block out blinds or eye masks
3. The quieter – White noise or ear plugs

Thoughts

1. Relax or meditate before going to bed, and stick to your routine
2. Avoid lying in bed thinking about how you can't sleep, this may increase negative sleep patterns
3. If you can't sleep, get up and sit or read (without devices) until you feel tired again

How can I tell if I have a sleep disorder?

Common signs of sleep disorders include:

- ▶ Trouble falling or staying asleep
- ▶ Still feeling tired after a good night's sleep
- ▶ Sleepiness during the day that makes it difficult to do everyday activities, like driving a car or concentrating at work
- ▶ Frequent loud snoring
- ▶ Pauses in breathing or gasping while sleeping
- ▶ Itchy feelings in your legs or arms at night that feel better when you move or massage the area
- ▶ Trouble moving your arms and legs when you wake up

Sleep disorders can cause many different problems. Keep in mind that it's normal to have trouble sleeping every now and then, however people with sleep disorders generally experience these problems on a regular basis. If you suffer from any of these symptoms, or often wake still tired after sleeping, please talk to your doctor.

Sweet chilli haloumi with cashew slaw

Are you looking for a simple dinner or a perfect side salad this spring? Look no further.

10 mins – Serves 4

Ingredients

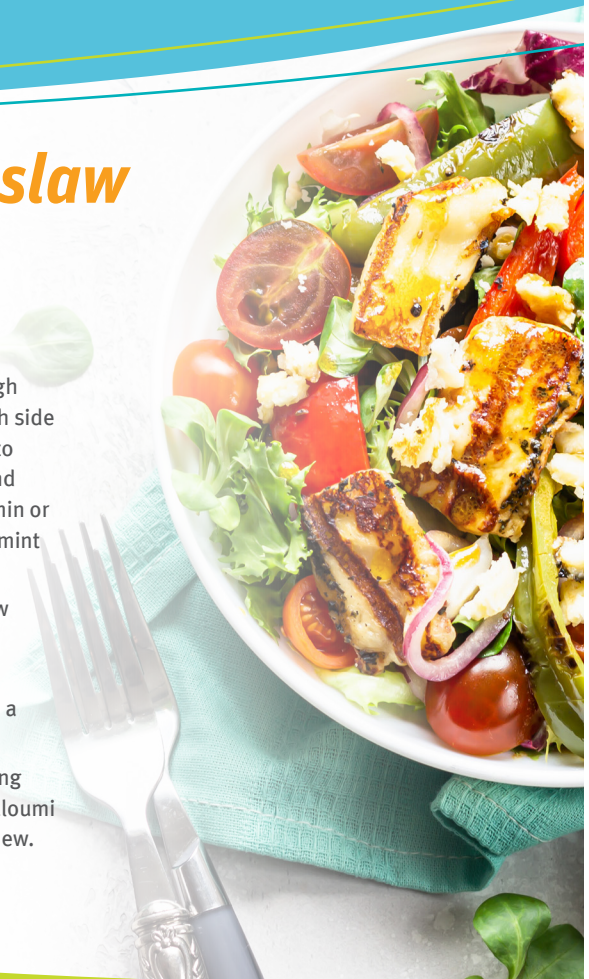
- ▶ 3 teaspoons extra virgin olive oil
- ▶ 200g haloumi, thinly sliced
- ▶ 1/4 cup (60ml) sweet chilli sauce
- ▶ 1 lime, juiced
- ▶ 1/2 cup coarsely chopped mint
- ▶ 200g packet coleslaw
- ▶ 1/4 cup coarsely chopped coriander
- ▶ 1/2 cup (75g) unsalted roasted cashews, chopped

Dressing

- ▶ 1 red chilli, deseeded, finely chopped
- ▶ 1/4 cup lime juice
- ▶ 1 tbs finely grated ginger
- ▶ 2 tbs sugar
- ▶ 1/4 cup extra-virgin olive oil

Method

- ▶ Heat oil in a large frying pan over medium-high heat. Add the haloumi and cook for 1 min each side or until the haloumi is golden. Increase heat to high. Add the sweet chilli sauce, lime juice and 1 tbs water. Cook, turning the haloumi, for 1 min or until the liquid reduces slightly. Add half the mint and stir to combine. Remove from heat.
- ▶ Place the coleslaw, coriander, half the cashew and the remaining mint in a large bowl. Toss to combine.
- ▶ Combine all dressing ingredients in a jar with a tight-fitting lid, and shake until combined.
- ▶ Transfer the coleslaw mixture to a large serving platter. Drizzle with dressing. Top with the haloumi mixture and sprinkle with the remaining cashew.



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The LGIS WorkCare Services team are specialist health and wellbeing professionals.

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