

# Toolbox Talk

## Health Through Winter – Sleep and Fatigue

### BBLP Clocktober Campaign 2022

On Sunday 30<sup>th</sup> of October at 02:00am, the clocks go back by one hour to mark the end of British Summer Time, giving everyone some extra time in bed. Although this hour difference may seem small, it does disrupt your body clock and can leave you feeling drowsy in the morning after waking up and fatigued towards the end of the day. As the mornings get progressively colder and darker, it can also be a struggle getting out of bed. Here are some tips to help with these issues:

#### Getting Out of Bed

- Leave your blinds/curtains partially open so that sunlight wakes you up naturally.
- Drink water and have a snack before bed, this will keep you hydrated and fuelled so you feel less groggy in the morning.
- Place your alarm clock away from your bed so that you must get up to deactivate it.
- Consider exercising in the morning to help wake you up.
- Keep a routine – try to get up and go to sleep at the same time every day, even on weekends! (Use the personal action plan that is included as a part of this stand down)

#### Fighting Fatigue

- Eat balanced meals and snacks, making sure to have a balanced diet. Avoid sugary foods and make sure you eat enough healthy calories to sustain yourself over the day.
- Try to keep active throughout the day and ensure you get enough cardiovascular exercise – exercising triggers your body to release endorphins which leave you feeling positive and energised.
- Stay hydrated by drinking water regularly - aim for around 2 litres a day, more in hot weather or if you are perspiring.
- Try to identify the triggers that can cause stress and anxiety, look at ways in which you might address these; stress uses a lot of energy.

#### Getting a Good Night's Sleep

- Keep to a routine, if possible – try to get up and go to sleep at the same time every day.
- Exercise and be productive during the day; this will leave you feeling ready for bed and make getting to sleep easier.
- Avoid consuming caffeine for a few hours before you go to bed, also avoid smoking as both are stimulants that can leave you struggling to sleep.
- Avoid excessive consumption of alcohol as it interferes with your sleep cycles, decreasing sleep quality which can leave you feeling groggy in the morning.
- Try to wind down before bed – do something you find relaxing in the evening, such as listening to music, watching television or reading.
- Avoid bright lights and screens (such as phones/tablets) immediately before bed; the softer and dimmer the better - you can often switch your electronic devices to 'Night Shift' or 'eye comfort' mode.