

Sleep – Your Productivity Superpower

Inadequate sleep can have severe consequences for both physical and mental health, including an increased risk of mood disorders



The National Sleep Foundation recommends adults need between 7 and 9 hours of sleep to truly feel rested. This will help you to feel refreshed and alert

There are benefits of power naps, with studies suggesting that short naps can significantly improve productivity and cognitive performance



Optimising sleep means maintaining a consistent sleep schedule, creating a comfortable sleep environment, limiting screen time before bed, reducing alcohol intake, regular exercise, and mindful diet choices



Caffeine can interfere with quality sleep and potentially cause headaches and jitteriness

