The importance of SLEEPING...

Sleep is a basic need. However, not everyone sleeps the same amount of hours, or needs the same amount of sleep. Research on sleep shows that people normally need between four to eleven hours sleep per night. When you sleep poorly for a long time and this affects your energy level, mood, concentration and in general your daily functioning, it is possible that you have a sleeping problem. Sleep is a behavior that you can partially learn. The basis for a good night is a good sleep hygiene and the creation of fixed sleeping habits. Below you will find a number of tips and facts that can help you with this.

✔ Find a REGULAR RHYTHM
Both at bedtime and when getting up (even after a night out and in the weekend).

✔ Did you have a "SHORT" night?
You can compensate this with an afternoon nap, preferably before 3 pm and for a maximum of half an hour.

✔ LIMIT your CAFFEINE USE
Coffee, tea, cola and energy drinks have a stimulating effect and therefore a negative effect on your sleep. Alcohol may also be added to this list.

✔ MOVE sufficiently during the day
Try to exercise enough during the day, but avoid intensive exercise just before bedtime.

✔ REST before going to bed
Create always a moment to relax before sleeping. Sleeping rituals can help you with this.

✔ What if you CANNOT (FALL A)SLEEP?
  ➢ Do not keep tossing in your bed. Stand up for a moment, take your mind off things and do something else. Try to go to sleep afterwards.
  ➢ Your bed is for sleeping and not for reading, studying, netflixing, ...
  ➢ Avoid sleep medication. Sleep medication can be addictive.
  ➢ Provide a quiet, well-ventilated and comfortable sleeping environment.
The **WORRYING THOUGHTS** that keeps me **AWAKE** are

TO REFLECT

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<tr>
<th></th>
<th>Coffee/tea</th>
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I SLEEP ............... HOURS A DAY

I USUALLY GO TO SLEEP AT ............... AND

I GET UP AT ............

I DRINK (expressed in glasses and / or cups)