Do you have trouble sleeping?

FOR those of us who are unfortunately losing sleep due to some emotional trauma, or have had to endure long term stress or depression, a visit to the GP is advisable.

For the rest of us, suffering from lack of sleep on a regular basis could be due to diet and Lifestyle! There is nothing worse than arriving at your place of work the following morning or having to deal with demanding children at the crack of dawn when you are tied, irritable and unable to concentrate. Besides, driving due to lack of sleep often results in accidents!

It goes without saying, that a "Healthy Eating" balance diet is vital. Try to eat three meals per day incorporating a wide variety of foods so that you will receive all nutrients necessary for optimum health. Some of us may not even realise that being sleep deprived can be due to hunger pangs! On the other hand eating high fat meals late at night can result in a sleepless night due to indigestion!

Here are some recommendations – Good Luck!

- Take regular light exercise on a daily basis and get plenty of fresh air.
- Wind down slowly at the end of the day.
- Avoid any stimulants from Lunch time onwards eg: tea/coffee/chocolate drinks and some fizzy drinks.
- Leave two to three hours between eating and going to bed.
- Avoid heavy meals late at night.
- Try a hot bath.
- Listen to soft music
- Indulge in some light reading
- If you fancy a late night drink make it a milky one!

Phillipa Leon is a qualified Weight Loss Fitness & Self Development Advisor and has helped many people lose weight and become fitter by offering "tailor made" diets together with advising on becoming fitter without necessarily going to a gym.

Self-Development Consultations are also available for the individual or for small groups of employees within the workplace. Phillipa Leon has been running Cameo Lifestyle for 20 years and would be happy to answer any questions you have on any of the subjects mentioned through email at: **askphillipa@hertfordshire.info**

Phillipa Leon MRSH YMCA FETC
Weight Loss Fitness & Lifestyle Advisor

FETC Trainer & Lecturer in
Lifestyle Management