



## Sleep & Hydration

Sleep and hydration are basic human needs and we can't really function without them.

Yet for some reason, most of us tend to go through periods of time where we really don't give much thought to either sleep and hydration. And when we do, it's probably as we reach for a caffeine hit to help get rid of the lethargic tired feeling!

### Q How much sleep do humans need?

For most of the population, it's 7 to 9 hours.

### Q How much water do humans need?

As a general guide, you should be consuming 20 to 30 mls of water per kg of body weight. About 20% of this will come through our food, **as long as we eat plenty of fresh fruit and vegetables.**

Therefore, a 70kg person requires between 1.5 and 2 litres of water per day. BUT if we are in heat, or undertaking highly physical tasks, this amount can increase by 300%. So pay attention to your body, and make sure you respond when it calls for water!

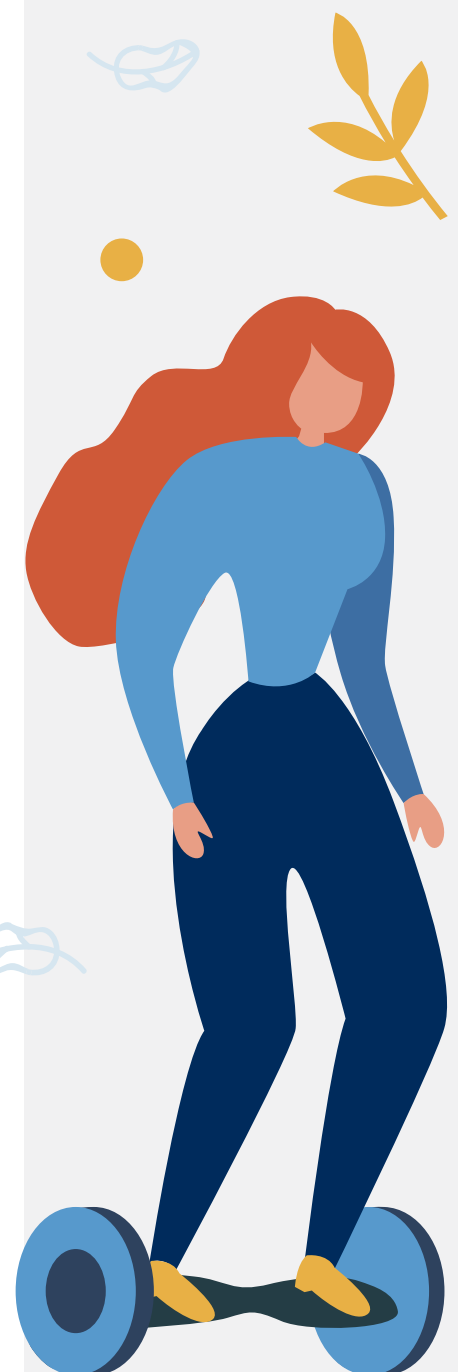
## TIPS TO KEEP HYDRATED

- Evaluate your working environment, considering heat, direct sunlight and the amount of physical work you are doing
- Water is **THE MOST IMPORTANT** ingredient
- If you're working in hot conditions, avoid sugar, caffeinated drinks and alcohol – these will increase your risk of dehydration
- If you're working in extreme conditions for prolonged periods of time, some electrolytes and glucose may be beneficial
- When you're planning social catchups with friends, try to make them away from your workplace, and avoid making plans for after evening shifts.



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## LET'S TALK ABOUT SLEEP

When we've been busy with work, family and socialising – and trying to balance it all with shift work – it can be very hard to get to sleep, even if we're really tired.

But taking (or avoiding) a few small actions can help us wind down, and make falling asleep a lot easier.

### On the drive home after a late shift:

- avoid listening to the news, or loud uplifting music.
- Instead, have quiet time or listen to something calming.

### Before bedtime:

- avoid alcohol, too much food, recreational or illicit drugs and caffeine. These will all adversely affect your sleep quantity/quality.
- avoid entertainment that inhibits relaxation, for example loud action movies.
- Instead do something relaxing: stretching, breathing, meditation.

### Make sure your bedroom is conducive to good sleep:

- window coverings that create a blackout effect, or at least stop any bright light.
- good ventilation.
- if you're working nights and sleeping during the daytime make sure you keep the room cool.
- **plan your get up time.**

If you're working shift work and find you still can't get to sleep, **consider an afternoon nap.**

