



## 5 ways to improve your sleep

July 2017

# 5 Ways To Improve Your Sleep!

Sleep is an essential part of life and well-being. It's hard to function on little or no sleep and if you suffer from bouts of insomnia, there are tricks and tips that you can follow to help yourself fall asleep and stay asleep.

1. **Cut out your afternoon caffeine break;** Do you usually have a cup of coffee on your afternoon break at work? Caffeine intake late in the day could affect your ability to get to sleep at night. If you need your coffee fix late in the day, try switching to decaf.
2. **Stretch it out;** A busy day, even if everything runs smoothly, can be a stressful one. If your body isn't physically relaxed before you try to sleep, you may find yourself in for a restless night. Stretching before bed relaxes your muscles along with your mind, preparing you for sleep.
3. **Make the bedroom a work-free zone;** It may be tempting to crawl into bed with your laptop to reply to emails etc. but working in bed will make it difficult for you to sleep.
4. **Cut out alcohol;** You may like to relax in the evening with a glass of wine. While this may have an immediate relaxing effect on you, it will most likely end up disrupting your sleep later in the night.
5. **16 foods that can help you sleep;** There are certain foods that promote a good night's sleep. They contain certain vitamins such as Vitamin A, C, B that help the body relax and get the rest it needs.

- Bananas
- Almonds, walnuts or hazelnuts
- Seafood
- Meats
- Poultry
- Honeys
- Carrots
- Chamomile tea

- Hummus
- Lentils
- Avocado
- Eggs
- Mushrooms
- Wholegrains
- Beans
- Turkey



# Recipe of the month

Evie's Eats

**Egg Muffins** (Serves 6)

**Ingredients:**

- Coconut oil or spray
- 6 large eggs
- 1/4 cup milk
- 1 medium bell pepper, red
- 3/4 cup – spinach
- 1/4 cup chopped mushrooms
- Pinch of salt and pepper

**Method:**

1. Apply coconut oil a muffin tin and set aside. Preheat oven to 160°.
2. Whisk the eggs and milk together in a bowl. Season with salt and pepper.
3. Dice the bell pepper into small pieces. Stack the spinach leaves, roll them up, and slice them thin.
4. Add the peppers, spinach, and mushrooms to the egg mixture.
5. Fill muffin cups 3/4 full and bake for 20-25 minutes until centres are set and no longer runny.
6. Allow to cool slightly before serving. Enjoy!



Note; Extras may be stored in an air-tight container in the refrigerator for up to a week or in a freezer-safe container in the freezer for up to a month.

# Quote of the month

**The past is your lesson. The present is your gift. The future is your motivation!**



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Take control your life, be happy! – rock on!

Till next month... *Evie*