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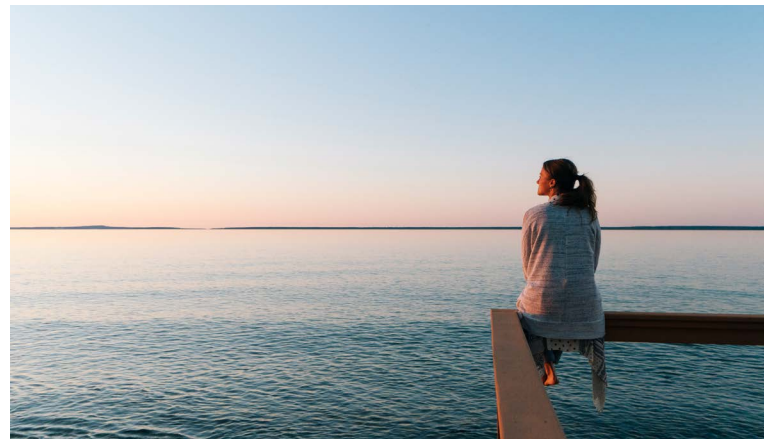
Mindfulness can have a positive impact on sleep quality and can help alleviate sleep-related problems by creating a mental space and a focus on sleep. **Here's what you should know:**

Shift work can disrupt the body's natural circadian rhythms and make it challenging to get healthy, restorative sleep.

These tips can help!

For parents, sleep can be disrupted due to caring for infants or children with sleep problems. This can lead to sleep deprivation, affecting their mood, cognitive abilities, and overall well-being. **Here are some common issues and solutions:**

Sleep hygiene refers to a set of practices and habits that promote healthy and restful sleep. **The Sleep Health Foundation have compiled a series of sleep hygiene practices and tips depending on your individual circumstances and queries:**



The relationship between mental health and sleep is bidirectional which simply means that they affect each other, in either cause or effect.

Here are some common issues and solutions:

Sleep is directly related to workplace health, safety, and well-being. Sleep-deprived employees are more prone to accidents, reduced productivity, and impaired decision-making, jeopardizing workplace safety.

For further information:

Learn more about many of the common problems children have with falling asleep, staying asleep or waking early: