

newsletter

LiveLife
Pharmacy



Today we discuss...

Sleep Management

Sleep is a state of consciousness which is essential for good health. It is a period of rest and recuperation for the body and much needed 'down time' for the brain. It refreshes the mind and repairs the body.

People vary in the amount of sleep they need, depending on their age, lifestyle, diet, and environment. Generally, we sleep less as we age and our sleep tends to be more broken. Newborn babies tend to sleep for around 16 hours out of every 24, while adults average eight hours and the elderly sleep a little less.

Obey your body clock

Get up at the same time every day. Soon this strict routine will help to 'set' your body clock and you'll find yourself getting sleepy at about the same time every night.

Don't ignore tiredness. Go to bed when your body tells you it's ready.

Don't go to bed if you don't feel tired. You will only reinforce bad habits such as lying awake.

Get enough early morning sunshine. Exposure to light during early waking hours helps to set your body clock

Improve your sleeping environment

Good sleep is more likely if your bedroom feels restful and comfortable. Suggestions include:

Ensure the room is at the right temperature

Make sure the room is dark enough

If you can't control noise (such as barking dogs) buy a pair of earplugs.

Talk to our pharmacists about our Prescription Management Service



*Keep your prescriptions safely on file with us to have them dispensed at your convenience via a **phone call or SMS** so they are always ready on time for you!

*We can also remind you via SMS when your next repeat is due, to save you time and ensure you always have your medicines when you need them.

General suggestions

Exercise every day, but not too close to bedtime and try not to overheat yourself - your body needs time to wind down.

Try not to engage in mentally stimulating activities close to bedtime. Use the last hour or so before sleep to relax your mind

Don't take afternoon naps.

Avoid caffeinated drinks close to bedtime.

Instead, have a warm, milky drink

Take a warm bath.

If you have tried and failed to improve your sleep, you may like to consider professional help. Speak to your local LiveLife pharmacists.

find out more, visit:

www.betterhealth.vic.gov.au

Anich's Mossman Pharmacy	(07) 40981282	LiveLife Pharmacy Port Douglas	(07) 4099 5651	LiveLife Pharmacy Coolum Beach	(07) 54461462
LiveLife Pharmacy Mossman	(07) 4098 1242	The Habitat Port Douglas	(07) 40991633	LiveLife Pharmacy Noosa Junction	(07) 5447 3478
LiveLife Pharmacy Byron West	(02) 66807725	Macrossan St Pharmacy Port Douglas	(07) 40995223	LiveLife Pharmacy Noosa Fair	(07) 5447 4044
LiveLife Pharmacy Byron Bay	(02) 6685 6274	Airlie Beach Day & Night Pharmacy	(07) 49467000	Noosa Heads Pharmacy	(07) 5447 3298
LiveLife Pharmacy Airlie Beach	(07) 4946 6156	LiveLife Pharmacy Peregian Springs	(07) 5471 2011	LiveLife Pharmacy Goodchap Street	(07) 5449 4444
LiveLife Pharmacy Keppel Plaza	(07) 4939 1680	LiveLife Pharmacy Mission Beach	(07) 4068 8211	LiveLife Pharmacy Coolum Park	(07) 5446 3100
LiveLife Pharmacy Gracemere	(07) 4933 3654	LiveLife Pharmacy Yeppoon Central	(07) 4925 0088	Gracemere Shoppingworld	(07) 4933 1261