Sleep Optimisation

Evidence-based routines to improve sleep quality, recovery and long-term health.

- Improve sleep timing, consistency and duration.
- Create the ideal sleep environment and wind-down habits.
- Support stress recovery, memory, focus and mental clarity.
- Build better sleep habits for immune, hormone and metabolic health.

Why sleep matters

Sleep is a daily recovery system, not simply rest.

- Poor sleep can affect appetite, blood pressure, mood, training recovery and decision-making.
- Regular wake time, daylight exposure and evening routine help stabilise circadian rhythm.
- Sleep quality should be reviewed alongside stress load, medications, alcohol, caffeine and pain.

Practical foundations

Small habits can create large improvements when they are repeated.

- Anchor wake time and morning light exposure.
- Set a caffeine cut-off and protect an evening wind-down window.
- Keep the bedroom cool, dark and quiet where possible.
- Track patterns simply: sleep window, waking, caffeine, alcohol, training and stress.

Clinical discussion points

Topics to review with Dr Rob when sleep is a priority.

- Snoring, breathing pauses, restless legs, nocturia, reflux or excessive daytime sleepiness.
- Medication, supplement and alcohol timing that may affect sleep quality.
- When appropriate, referral for sleep-apnoea assessment or specialist care may be discussed.

Safety note

This resource is educational and does not replace medical advice.

- Seek medical advice for severe insomnia, breathing pauses, chest pain, fainting or safety concerns.
- Do not start, stop or change medications or supplements without qualified clinical advice.
- A sleep plan should be tailored to medical history, goals and risk factors.