

Winter Tour Research 23/24

The results showed that quality of sleep was a key indicator associated with overall wellbeing and physical performance within Scottish Ballet.



Consistent Sleep Routine = Better Sleep Quality

Light Exposure	Sleep Environment	Pre-Sleep Routine	Nutrition
<ul style="list-style-type: none">Seek natural light in the morning and throughout the dayDim lights at nightAvoid bright screens/blue light at least 1-2 hours prior to sleep	<ul style="list-style-type: none">Cool, dark and quietConsider an eye mask if light sources are unavoidableUse earplugs or white noise to help reduce disruptive noise	<ul style="list-style-type: none">Deep breathing, gentle movement and body awarenessAvoid stimulating activities e.g. Instagram scrollingRead a book/magazine	<ul style="list-style-type: none">Avoid stimulants prior to sleep e.g. caffeine (6-8 hours) or alcohol (3-4 hours)Avoid heavy meals 2-3 hours prior to sleepEat a well-balanced breakfast in the morning

Poor Night’s Sleep – What Do I Do?

- Relaxation:** Yoga Nidra and meditation — promotes restorative rest
- Light Exposure:** get outside and expose yourself to natural light early in the day — resets circadian rhythm
- Napping:** aim for 20-30 minutes before 3pm — improves mood and alertness

Three Top Tips

- 1) Screen filters
- 2) Warm bath/shower
- 3) Weighted eye mask/blanket