

### Get back into a good sleep habit: a sleep plan

Sleep is vitally important for our daily functioning, and getting enough sleep can help manage stress levels and boost energy levels.

1. Go to sleep when you are tired: seems obvious but many people ignore the signs such as dozing off and yawning through your favourite TV program.
2. Get up at the same time everyday: this is more important than going to be at the same time, as it is the time you wake up that resets your body clock to sleep that night.
3. Keep a sleep diary: note when you go to bed, approximately when you fell asleep and what you ate or drank before bed.
4. Avoid TV and computers: for at least an hour before you want to go to sleep.
5. Get yourself out of bed if you have been awake for more than 15 minutes
6. Make sure you are not too hot: your body heats up during the night, so turn the electric blanket and heater off. A room of 15-20 degrees is optimal.
7. Make sure the room is dark and use ear plugs if noisy
8. Ignore worrying thoughts about sleeping: instead focus on that fact that you're getting some sleep.

### WHATS ON??



**DATE:** Sunday 7<sup>th</sup> November  
**TIME:** 7am  
**LOCATION:** Event Start Challenge Stadium, Mt Claremont  
 Event Finish WA Athletics Stadium, Mt Claremont  
**ENTRY:** Kids \$35 Adults \$57.50 Relay Teams: \$110

Triathlon Pink' is a fantastic initiative for the Australian sporting community, where an event's total focus is for women only. The Triathlon Pink goals include CHALLENGE, PARTICIPATION and FUN.

If you are into fun, health and fitness - Triathlon Pink is for YOU. Triathlon Pink is all about getting in and having a go with friends and family at an event that you will remember forever. You can compete as an individual and complete the whole course on your own or get together with a group of friends and compete as team where you can complete one of the legs much like a relay.

### EVENT DISTANCES

Long Course: 300m Swim, 9km Bike, 3km Run  
 Medium Course: 200m Swim, 6km Bike, 2km Run  
 Short Course: 100m Swim, 3km Bike, 1km Run  
 Kids Course: 50m Swim, 1.5km Bike, 500m Run

<http://www.triathlonpink.com.au/>



Trench Health and Fitness has fitness Facilities in the Perth CBD and Shenton Park

Opening hours as follows:

Monday to Thursday	6am - 8pm
Friday	6am - 2pm
Saturday	8am - 12pm

For further information contact:  
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WOW. what's on weekly

