

# Healthy Living Focus

## Sleep Soundly



Hello and welcome to this week's healthy living focus, in this edition we are focusing on the importance of sleep. Achieving a good sleep schedule is beneficial to our overall health and wellbeing! we will take a look at healthy sleep habits, tips to help us relax for a good night's sleep, and find out the benefits of sleeping soundly.

### Healthy sleep habits

- Aim for a regular sleep schedule by going to bed and getting up at the same time every day, 7 days a week.
- Create a calm and peaceful bedroom. Aim for a dark, quiet and tidy environment, at a temperature of between 18C and 24C for optimal comfort!
- Each night, ensure curtains are closed, TV's and computers are turned off, and noise is kept to a minimum.

### Sleeping Soundly helps to...

- maintain a healthy weight.
- boost mental wellbeing, reducing feelings of low mood and irritability.
- reduce the chances of developing serious conditions such as heart disease.
- boost immunity to help prevent nasty bugs and viruses.

### Relax ready for a good night's sleep!

- Clear your mind by writing a to do list for the next day
- Read a book or listen to a relaxation CD
- Enjoy a warm bath
- Avoiding using a smartphone before bed



### How much sleep do we need?

Most people need 7-8 hours' sleep a night, but some need more and some need less.

What is important is to find out how much sleep you need- and try to achieve it.

### Healthy Living Goal

If you struggle to sleep well, keep a sleep diary and see if our tips help you to achieve a peaceful sleep.

### What and when we eat can affect sleep!

- ✓ Eat dinner at least two hours before going to bed.
- ✓ Avoid caffeine at least four hours before going to bed.
- ✓ Enjoy a warm drink before bed such as milk or herbal tea.
- ✓ Snack on natural sleep remedies such as walnuts or a banana.

# RECIPE OF THE WEEK

## Chicken and Basil Pasta



### Ingredients

1-2 chicken breasts, sliced.

low calorie spray oil

2 garlic cloves, finely chopped

pinch chilli flakes

1 tbsp tomato purée

300g tomato passata

ground black pepper

200g whole wheat pasta, any shape will be fine.

200g broccoli, sliced into bite-sized chunks

125g baby spinach, washed

½ bunch basil, leaves picked (optional)

1-2 tbsp finely grated Parmesan (optional)

### Method (serves 3)

1. Spray a large pan with oil. Once warm, add sliced chicken and cook for 5 minutes. Add the garlic and chilli flakes and cook for 2 minutes, then stir in the tomato purée and cook for 2 more minutes. Add the passata to the pan, season with pepper, stir to mix well and reduce the heat to a gentle simmer.
2. Bring a large saucepan of water to the boil, add the pasta and cook for 10 minutes. Add the broccoli 3 minutes before the end of cooking, then drain.
3. Add the cooked pasta and broccoli to the pan with the chicken and tomato sauce. Stir to mix well and then add the spinach and basil leaves (if using). Season again with plenty of black pepper and allow the spinach and basil to wilt. Sprinkle with Parmesan, if using, and serve.

### Healthy Living Tips

- Serve with a side salad for an extra portion of your 5 a day.
- With a healthy mix of protein and carbs, this is a sleep friendly recipe!

**Meet our Healthy Living Coordinator, Claire. Who is responsible for our newsletter and healthy living project.**

If you have any queries, would like to suggest a feature for our future newsletters, or would like support and advice around issues raised here, please contact Claire at

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