20 – 20 – 20 RULE

Take Regular Breaks:

Follow the 20-20-20 rule: every 20 minutes, look at something 20 feet away for at least 20 seconds. This can help reduce eye strain and mental fatigue.

Incorporate Physical Activity:

Take breaks to move around, stretch, or go for a walk outside. Even short bursts of activity can help improve sleep quality by reducing stress and fatigue.

Maximise Natural Light Exposure:

Try to get outside during the day, especially in the morning, to help regulate circadian rhythms. If you work in a windowless environment, consider using a light therapy lamp to simulate daylight.

Stress Management:

Incorporate stress-reducing activities into your daily routine, such as deep breathing exercises, mindfulness, or meditation. Managing stress throughout the day can help reduce its impact on your sleep.

Ergonomics and Comfort:

Ensure your workspace is ergonomically designed to minimise physical strain. Good posture and comfort during work hours can help reduce the physical discomfort that might interfere with sleep later.