



## FITNESS PASSPORT WEBINAR

# FIND YOUR RHYTHM:

*The Connection Between Sleep, Exercise, and Wellbeing*

Date: Wednesday, 12<sup>th</sup> February 2025

Time: 12:00-1:00PM AEDT

Presented by Dr. Yu Sun Bin, Research Fellow – Sleep Epidemiology at the University of Sydney's Faculty of Medicine and Health, the webinar will focus on the importance of sleep, the key elements of sleep hygiene, and the impact of physical activity on sleep and circadian rhythms.

**REGISTER HERE**

INCLUDES A PRE-EVENT SURVEY ON SLEEP KNOWLEDGE & BEHAVIOUR



### Tips to Optimise Sleep and Exercise

1. **Sync Your Schedule:** Go to bed and wake up at the same time.
2. **Work Out Wisely:** Exercise when you feel most energised.
3. **Morning Sunlight:** Expose yourself to natural light to start your day.
4. **Evening Wind Down:** Limit screen time to prepare for sleep.

### Key Insight: The Role of Activity in Sleep



**Fun Fact:** Physical activity increases the production of melatonin, helps to reduce stress and regulate body temperature making it easier to fall asleep faster, sleep better and wake more refreshed.

### Why Circadian Rhythms Matter

- **Sleep:** Aligning your sleep schedule with your natural rhythm improves recovery and wellbeing.
- **Exercise:** Working out during peak energy hours boosts performance.



#### Wellbeing Resources

Explore a range of wellbeing resources packed with valuable information to support you on your wellbeing journey!