



Nutritional Advice from Jane Griffin

5. Lifestyle Advice

Sleep

- ✓ Try to have early nights during the week of the race in case you don't sleep well on the Saturday night.
- ✓ Carbohydrate in the last meal on Saturday will increase your level of serotonin production – a chemical which can help induce sleep. A drink of milk and honey will have the same effect.
- ✓ Camomile tea, lavender oil on a tissue on your pillow, a dark, cool and comfortable bedroom can all help to induce sleep.
- ✓ Though alcohol can be a diuretic, one small drink of beer or lager (1/2 pint for females and 1 pint for males) may help to relax you. However avoid wine and spirits.