

# Lifestyle Medicine – Useful Resources for Patients

## SLEEP

- Sleep Hygiene Leaflet – University of Southampton

<https://www.uhs.nhs.uk/Media/UHS-website-2019/Patientinformation/Other/Sleep-hygiene-3276-PIL.pdf>



## NUTRITION

- British Dietetic Association – food fact sheets for various health conditions:

<https://www.bda.uk.com/>

- Diabetes UK – recipe ideas, portion sizes

<https://www.diabetes.org.uk/living-with-diabetes/eating>



## PHYSICAL ACTIVITY

- Better Health – tips on being more active

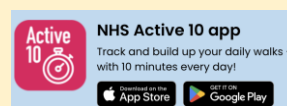
<https://www.nhs.uk/better-health/get-active/>



- Swim England – fact sheets on swimming for various health conditions

<https://www.swimming.org/justswim/get-healthier/swimming-with-health-conditions/>

- NHS Active 10 app



- Pilates video for beginners – NHS

<https://www.nhs.uk/live-well/exercise/pilates-and-yoga/pilates-for-beginners/>

