

## Lisa Fulton— General Manager Operations

We will be expanding our SIL services with two new houses in Taree and Coffs Harbour. The Coffs Harbour home, located in Currawong, should be ready before Christmas. Enlarge Living Operations Manager Michael picked up the keys this week to the open plan, four-bedroom home.

The Taree home, situated in Melaleuca, is around 80 per cent complete awaiting a few finishing touches before it will be move-in ready. The large, three-bedroom home is amazing. Here is a preview of both homes:



Pictured above: Melaleuca, Taree home.



Pictured above: Currawong, Coffs Harbour.

## Matt Old— Enlarge Living Director

We would like to highlight Michael Lott who is the Operations Manager for Enlarge Living.

His main functions is to ensure that we support the housing for the participants living in the house.

So you'll see Michael from time to time inspecting the homes to ensure that we are on top of maintenance, talking with participants to ensure that they are comfortable and their needs being met too from the perspective of the housing provider.



Operations Manager, Michael Lott.

In order to keep our homes in great working order if you see something broken or not working, in the first instance notify your Brighter Access Accommodation Manager for the home you are working in so they can let Michael at Enlarge Living know.

Feel free to drop Michael a line by emailing him at: [michael@enlargeliving.com.au](mailto:michael@enlargeliving.com.au)

## Brad Hilton—General Manager Corporate Services

It is well-established that sleep is essential to our physical and mental health. But despite its importance, a troubling percentage of people find themselves regularly deprived of quality sleep and are notably sleepy during the day. The term 'sleep hygiene' refers to having both a bedroom environment and daily routines that promote consistent, uninterrupted sleep.

Signs of poor sleep hygiene include experiencing frequent sleep disturbances, suffering daytime sleepiness and having a hard time falling asleep. For the vast majority of employees, research shows that they need around 8-9 hours of sleep to function properly. There are many things we can do to strengthen wellbeing, one of which is prioritising sleep hygiene. Staying connected, adhering to a schedule and maintaining proper sleep habits are just some of the ways you can look after your mental health.

Having a good sleep cycle will positively impact your mood, energy levels, concentration, memory and ability to handle stress. Steps to improve your sleep hygiene include:

- Staying off your phone for at least an hour before bed, as the bright light impacts your ability to fall asleep.
- Avoiding caffeine in the evening.
- Limiting daily naps to 30 minutes.
- Waking up and going to bed at the same time each day.
- Developing a sleep ritual/routine.
- Creating a calm bedroom space.
- Avoid watching TV or gaming in bed.

