Bobsleigh Bronze

Pictured: Adele Nicoll and Kya Placide celebrate winning Bronze and in their 2-woman Bobsleigh.
Source: Adele Nicoll GB Athlete Facebook page.

Adele Nicoll and Kya Placide are celebrating winning Bronze for Great Britain in the 2-woman International Bobsleigh & Skeleton Federation (IBSF) Europe Cup in Lillehammer, Norway. Adele, a Commonwealth Games shot-putter, who has only started bobsleighing in the last few years and has only this year learned how to pilot, commented that her athlete teammate, Kya, didn't even know what a bobsleigh was a year ago! The sliding sport of bobsleigh involves teams making timed runs down narrow, twisting, ice tracks. Team members run and push the bobsleigh to start, then jump into their gravity-powered sleigh to race down the track as quickly as possible. 'It was our first ever two-woman race, and we got bronze!' Adele Nicoll said proudly about winning her first-ever bobsleigh medal, 'Not only did we podium, but we had the fastest push start on run two and top three on run one! I am so proud of what we have achieved. It takes a team to get results. Thank you to every single person who supports us.'

Have you ever thought of trying a new sport? If you have, what would you like to try?

Bedtime Bananas

The Sleep Charity has announced its five top tips for getting better quality sleep and bananas have been revealed as one of the best things to eat before bedtime to help you get a good night's rest. Research shows that eating fruit as part of the last meal of the day helps you to sleep well as it encourages the body to produce melatonin, a hormone that naturally increases whilst you sleep. Bananas are thought to be especially good as they contain high levels of magnesium and potassium, which help relax muscles, and amino acids, which lead to the production of brain-calming hormones. Be careful not to eat too much before you try to drift off though, as a large meal in the evening can hinder your sleep! Lisa Artis from The Sleep Charity explains why good sleep is

Pictured: A person holding a banana (top right) and A bunch of bananas (above). **Source:** Canva.

crucial for everyone saying, 'Sleep is hugely important to leading a healthier and happier life, and we want everyone to share that sentiment and understand the importance of sleep as part of a balanced and healthy lifestyle. Building a good sleep routine, and sticking to it, will help increase positivity and reduce levels of stress, meaning people can start the New Year feeling refreshed.' The other tips to follow include having some screen-free time, meditating, reading a book or taking a bath instead. Also mentioned was creating an 'ideal bedroom environment' to sleep well, which was described as tidy, cool, dark and quiet.

Can you share any more hints or tips that people can use to sleep better?