

Smart Habits to Stay Hydrated

Water isn't just for quenching thirst — it's essential for everything your body does. It helps your brain think clearly, your joints move smoothly, your kidneys flush out waste, your body regulate temperature, and your digestion & elimination work well. Staying well-hydrated also helps reduce headaches, constipation, urinary tract issues, and supports heart and muscle function.

1. **Get a good water bottle**

- Having a bottle handy makes it easier to sip regularly.
- Using one with a straw can make sipping feel more automatic and less effort.
- Choose a reusable bottle and keep it on hand so it's always available.

2. **Choose the best water you can**

- When possible, drink filtered water (for fewer contaminants).
- Plain water is the best go-to drink.
- Other drinks count too (sparkling water, tea), but the majority of your fluid intake should be plain water

3. **Sip water throughout the day (don't wait until you're very thirsty)**

- Consider setting a recurrent reminder on your phone: "Time to sip water".
- Sip rather than gulp – consistent small amounts work better to keep you hydrated.

4. **Finish most of your water intake before bedtime**

- Aim to drink 2L of water and complete about 2-3 hours before bed to reduce sleep disruptions (night-time bathroom trips).
- If you need water at night, keep it to small sips.

