As soon as I get in the house with my children – Reggie, who’s five, and Olivia, two – it’s GO! GO! GO! They’ll throw their coats on the floor and there’ll be shoes and bags everywhere, so I’ll be tidying up and buzzing around doing a million things at once – putting the shopping away, keeping them entertained, stopping arguments and getting their dinner ready because they’re starving. It’s nonstop, but good nonstop.

Our chocolate Labrador, Myla, used to greet us at the door. She was our absolute love, but she died just before Christmas. She was an amazing dog and a massive part of the kids’ early years – they were obsessed with her. Liv called her Lala and that was one of her first words. So it was devastating, but it’s part of life – we outlive them, don’t we?

I try to bring a variety of vegetables into the kids’ lives, but really they love a pepperoni pizza. After tea, we’ll burn off energy by dancing around the kitchen. My husband Andy has eclectic taste in music and his mission is to educate the kids on different genres, whereas I’m like, ‘Let’s listen to Beyoncé!’ They’re not feeling that at the minute, but I was busy training for the World Championships and the Olympics, I think, ‘Gosh, I did have a lot of time then!’ Life is completely different now – less sleep but more fun.

Andy and I love Italian red wine, so when the kids are in bed we’ll relax with a glass of Chianti. We eat a lot of fish and we’ve been doing Mindful Chef, which delivers a box of ingredients to your door with a recipe. Last night we had salmon with harissa paste and hasselback potatoes. After dinner, we’ll watch Netflix. I love The Crown, and I enjoyed the documentary on the NFL player Aaron Hernandez, who was jailed for murder. Andy insisted we watch Don’t F**k With Cats. I said, ‘It sounds horrific!’ but it’s actually a good watch.

I’ve always had a sweet tooth. When I was training, I was burning a million calories, so a bit of chocolate didn’t matter. Now I’m retired and not training at that level, I probably shouldn’t eat as much, but I always have something sweet in the evening – usually Dairy Milk or Minstrels. Life’s about balance and having pleasures and being happy. I still enjoy running and doing circuits, and that allows me to enjoy a glass of wine or have some chocolate.

Before I had kids, I slept more than anyone! I’d go to bed at 10-10.30pm and I could easily sleep until 10am the next day, if I didn’t have to get up. It’s because I was training so hard, my body was broken and that’s when it repairs. I used to have a nap in the day as well. It was bliss, but those days are gone. I look back and, although I was busy training for the World Championships and the Olympics, I think, ‘Gosh, I did have a lot of time then!’ Life is completely different now – less sleep but more fun.

I like lots of space in bed. It’s nice to have a cuddle, but then you want space around you – you don’t want to feel crowded or like you’re going to roll out of bed. I sleep in the foetal position, curled up on my side. We have a king-size bed and, when the kids come through in the morning, I try to keep them in bed for a little while, to get some extra sleep. I would happily have a lie-in – sometimes the kids treat us, other days they’re up at 5.30am.

Jessica is the brand ambassador for Sleepeezee; sleepeezee.com

JESSICA ENNIS-HILL
34, OLYMPIC CHAMPION HEPATLHETE AND DAME ON CHOCOLATE, CHIANTI AND BEYONCÉ

QUICK-FIRE ENNIS-HILL
First Dates or The Undateables?
The Undateables
BBC Radio 1 or Radio 2?
Radio 1
Big breakfast or toast?
Toast
Piers Morgan or Richard Madeley?
Richard Madeley

AT THE END OF THE DAY…