



# Ten tips for a good night's sleep

Getting quality sleep is vital for your health and daily performance so here's ten tips to improve your sleep:

## 1 Stick to a sleep schedule

Go to bed and wake up at the same time every day, even on weekends, to regulate your body clock and promote better sleep.

## 2 Establish a bedtime routine

This can include activities like reading a book, taking a warm bath, or practicing relaxation techniques like deep breathing or meditation. A consistent routine signals to your body that it's time to wind down.

## 3 Create a comfortable sleep environment

Make sure your bedroom is conducive to sleep. Keep the room cool, dark, and quiet. Consider investing in a comfortable mattress, pillows, and breathable bedding.

## 4 Limit screen time before bed

The blue light emitted by electronic devices can interfere with your sleep. Avoid using smartphones, tablets, computers, and watching TV at least an hour before bed. Instead, engage in relaxing activities.

## 5 Avoid stimulants and heavy meals close to bedtime

Avoid consuming caffeine and nicotine in the hours leading up to sleep. Additionally, eating heavy or spicy meals before bed can cause discomfort and disrupt sleep. Instead, opt for a light snack if needed.

## 6 Exercise regularly

Engaging in regular physical activity during the day can help promote better sleep. Aim for at least 30 minutes of exercise most days, but avoid intense workouts close to bedtime as they may interfere with sleep.

## 7 Keep your bedroom relaxed

Ensure your bedroom is primarily for sleep and relaxation. Minimise clutter, eliminate distractions, and consider using earplugs, eye masks, or white noise machines.



## 8 Manage stress effectively

High levels of stress and anxiety can make it difficult to fall asleep and stay asleep. Find healthy ways to manage stress, such as practicing mindfulness, journaling, or engaging in hobbies that help you relax.

## 9 Limit daytime naps

If you struggle with night time sleep, try to limit daytime napping or keep it to short power naps of around 20 minutes. Longer or late-afternoon naps can disrupt your sleep schedule.

## 10 Consult a professional if needed

If you've tried various strategies and still struggle with sleep, consider consulting a healthcare professional. They can help identify any underlying sleep disorders or provide personalised recommendations. Experiment with these strategies to find what works best for you!

### The perfect night's sleep begins well before bedtime

Establishing a sleep routine can set you up for a great night's sleep. This diagram outlines when to cut back on caffeine, alcohol, and other habits. Consider maintaining a sleep diary to monitor your patterns and identify factors that enhance or disrupt your sleep.

