

7 tips for SLEEP HYGIENE

1



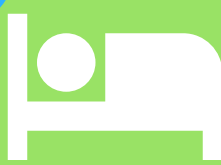
Try to go to bed and get up at the same time each day. Choose a time when you are sleepy as going to bed too early can disrupt your natural rhythm.

2



Recent research shows that regular exercise every day helps you to get more restful sleep.

3



Create a comfortable atmosphere in the bedroom- try to ensure you have the right temperature, no TV and don't go to bed hungry or too full. Minimise lights.

4



Avoid nicotine before bed- it's a stimulant. You might feel alcohol helps you to drop off but often it disturbs the second half of the night as the body starts to process it.

6



Don't stay in bed more than 20 minutes if you wake up. Get up but keep lights dim. don't watch TV or any screens. Do something boring until you feel tired again.

5



Try to figure out the right amount of sleep for you. We are all naturally different. Try not to have unrealistic expectations

7

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Many sleeping issues are due to long term habits. Changing your sleep habits may take time so stick with it.