



Getting Better Sleep

Establish a routine

If you keep a regular sleep schedule of going to bed and getting up at the same time each day, you will feel much more refreshed and energised. If you're getting enough sleep, you should wake up naturally without an alarm.

Relax and unwind

A peaceful bedtime routine tells your brain that it's time to wind down and let go of the day's stresses. Avoid the use of electronic devices that emit 'blue light' as they trick the brain to think it's not time for bed.

Set the scene

Eliminate as much noise and light as you can. Keep temperature around 16-18c and ensure your mattress and bedding are comfortable and provide enough support.

Clear your thoughts

A racing mind makes it hard to switch off as we try to fall asleep. Keep a pen and paper next to your bed and get your thoughts out of your head on to paper and return to them in the morning.

If all else fails

Get up. If you can't fall asleep within 15-20 minutes go in to another room and do something non-stimulating. Listen to calming music, do some breathing exercises and only return to bed when you feel sleepy.