Tips for positive sleep hygiene

Regularity: To train your body into a regular rhythm, go to bed and get up at the same time every day – even on weekends!

Sleep when sleepy: Only try to sleep when you actually feel tired, rather than spending too much time lying awake in bed.

Avoid caffeine before bed: coffee, tea, cola drinks and even chocolate are all stimulants that interfere with the ability to fall asleep.

No naps!: Try to avoid taking naps throughout the day to ensure you are tired at bedtime.

Bathtime: a hot bath 1-2 hours before bed can be helpful in raising your body temperature, causing you to feel sleepy as it lowers again.

Sleep diary: Use a written sleep diary or an app to monitor your sleep; you might be able to identify patterns and what helps

Exercise: Regular exercise is a good idea to help with sleep but try not to do strenuous exercise in the four hours before bed time.

Eat right: A healthy balanced diet will help you sleep well, but timing is important - a heavy meal soon before bed can interrupt sleep.

Natural light: Getting as much daylight as possible helps the body to produce melatonin, a natural hormone that promotes sleep.

care in mind:

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