



SLEEP TIPS ROUND THE CLOCK

MORNING

Good sleep starts in the morning by setting your circadian rhythm:

Wake up about the same time each day.

Get a good dose of light first thing, preferably outside.

DAY TIME

Move and stretch. Get outside.

Get aerobic exercise, hours before bed.

No naps or short & early naps only.

DECREASE STRESS & ANXIETY.

EVENING

CREATE CALM & ROUTINE

Avoid strong mental or emotional stimulation before bed.

No caffeine 6 hours before bed.

Stop eating 2 - 3 hours before bed.

Minimize alcohol. It will wake you in the second half of the night.

Stop screen use 1 hour before bed.

OVERNIGHT

Keep your room dark and cool.

If you wake in the night, relax instead of thinking about not sleeping.

If pesky thoughts keep your brain on overdrive, write them down.

If you can't fall back asleep, get up and do something for 20 min.

Read, music, meditate, draw.

(avoid screens)

These tips may not be suitable for everyone. Talk to a medical or mental health professional for more information, personal recommendations or help with your sleep,

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