

# TOP SLEEP TIPS

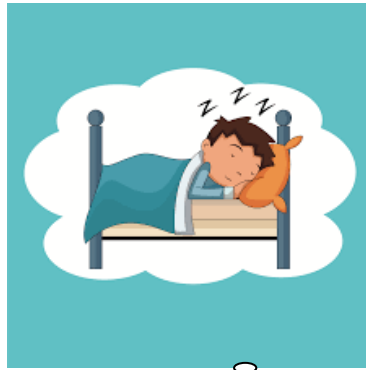
Avoid caffeine such as coffee, tea, chocolate & fizzy pop late at night

Don't nap in the day, especially in the afternoon

Keep a bedtime routine, go to bed & get up at the same time each day

Make sure your room isn't too hot or too cold

Make sure your bed is comfortable. Do you need another pillow or blanket?



Turn off your mobile phone & other electrical devices

Wind down at the end of the day. Read a book or do a relaxation exercise

Try and do regular exercise

Keep your room dark with a blind or blackout curtain

If you can't sleep, get up and do something such as have a warm drink. Get out of the bedroom for a break

Listen to relaxation music before you go to sleep

Write all your worries down in a note pad before you go to sleep

Make having a relaxing bath part of your bedtime routine

Try to only use your bedroom for relaxation not gaming, working etc