

10 TIPS TO SLEEP BETTER



SLEEP SCHEDULE

Go to bed and wake up at the **same time** everyday (even on the weekend). **Avoid long naps** during the day.



AVOID BIG MEALS

Don't eat large/spicy meals **before sleep**. A small snack that contains '**Tryptophan**' may help, such as banana, nuts, oats or milk.



TURN DEVICES OFF

You don't want any noises distracting you or waking you up. If you use your phone as an alarm, make sure it's in '**do not disturb**' mode.



RELAXING ROUTINE

Make sure to do something relaxing **before bed** such as a bath/shower, read, meditate, art, puzzles or relaxation techniques.



AVOID CAFFEINE

Avoid consuming caffeine or stimulant food **in the evening**. This includes soft drinks, tea, energy drinks, coffee, chocolate...



AVOID SCREENS

The production of '**melatonin**' (the hormone that helps initiate sleep), can be delayed by light from interactive electrical gadgets.



DAYLIGHT & EXERCISE

Exposing yourself to daylight every day helps to reset your '**circadian biological clock**' (sleep-wake cycle). In addition, exercising during the day will promote **good night's sleep**.



NOT FEELING SLEEPY?

If you are not asleep after half an hour, go to a different room and do something **quiet and relaxing** until you feel sleepy.



'COMFY' BEDROOM

Make sure your bedroom is **dark, quiet and cool** and that your mattress and pillow are comfortable enough.



WELLBEING

If sleep issues are consistent and having a significant impact in your life, consider seeking support from a GP or a mental health professional.