

# TOP TIPS TO IMPROVE YOUR SLEEP

## 1 Sticking to a sleep schedule

Waking up and going to bed at the same time everyday can help to regulate your body clock, allowing your body to establish a regular sleeping pattern. This will help your body recognise when it is time to sleep and when it is time to get up, helping you to fall asleep easier and gain better quality of sleep.



## 2 Exercise

Not only is exercise beneficial for our physical and mental health, it can also help you to sleep better. Try to incorporate light exercise into your day to improve your sleep quality.



## 3 Wind down

Allowing your body to shift into 'sleep mode' and wind down is a critical step when preparing for bed. Try to engage in some calming activities such as reading, having a bath, yoga or practising mindfulness and relaxation exercises one hour before going to bed.



## 4 Create a 'sleep friendly' environment

Sleep experts have suggested a strong association between sleep quality and the bedroom. Your bedroom should be a place where you can rest and relax.

Try and remove any work, laptop or other devices from your bedroom to avoid distraction. Ideally, your bedroom should be tidy, dark, quiet and between 18-24C degrees to ensure good sleep.



## 5 Keep a sleep diary

Record your sleep in a diary to keep track of your sleeping habits. This may help you identify any life circumstances or behaviours that may contribute to sleep difficulties.



## 6 Avoid/minimise screens before bed

Devices such as mobile phones, TV's and laptops produce a type of blue light which activates the brain, making the brain 'feel' more awake and less prepared to sleep. Try to avoid using electronic devices one hour before going to bed to allow your brain to unwind.



## 7 Avoid alcohol, caffeine and heavy meals before bed

What we consume can have a large impact on how well we sleep. Caffeine, alcohol and sugar can disrupt sleep as they contain substances that activate the brain. Try to avoid eating a large meal 2-3 hours before bed to avoid indigestion and discomfort while sleeping.



## 8 Make sleep a priority

Treat sleep as a priority. Try not to skip sleep to make more time for other activities such as study, work, socialising or exercise.

## 9 Seek help

Do not hesitate to speak with your doctor or seek support from a sleep professional for further advice and support.

