

TIPS to a BETTER night's SLEEP!!!

Keep a regular sleep pattern;

- ✓ Set a regular bedtime
- ✓ Wake up at the same time everyday
- ✓ Try to avoid napping during the day

Try and do some exercise;

- ✓ Exercise expands our energy and relaxes our bodies which helps us to ease into relaxing at bedtime
- ✓ Exercise should be done in the morning or the afternoon as late exercise at night has proven to stimulate our bodies which prevents us from relaxing at bedtime

Do not eat 2 hours before your bedtime;

- ✓ Eating late at night gives us energy and also stimulates our digestive system which can prevent us from relaxing and unwinding for the night

Stop watching TV, Computer or Phone at least 30 minutes before bedtime;

- ✓ Exposure to light stimulates the brain and creates a false alertness and stimulation. Therefore, use low wattage bulbs in your bedroom. Make sure that your room is completely dark. Use blackout curtains or an eye mask.

Take a warm bath or shower;

- ✓ The heat helps your body muscles to relax and unwind for the night.

Read a book/magazine or listen to soft music;

- ✓ This form of distraction will allow you to focus on other topics instead of your own worries about the day or tomorrow's activities.

Write a to do list;

- ✓ This is so that you do not keep yourself awake trying to remember your activities/goals for the next day, write them down clearly on a notebook and leave it by your bed.