

# Helpful sleep habits

This checklist summarises some of the key ideas that will help you to develop a good sleeping pattern

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| During the day      | <ul style="list-style-type: none"><li>• Take some exercise and get outside in the fresh air</li><li>• Avoid caffeinated drinks for at least 4 hours before bed</li><li>• Don't nap or sleep during the day</li></ul>  |
| The hour before bed | <ul style="list-style-type: none"><li>• Avoid stimulating, exciting or scary activities</li><li>• Turn off your phone, laptop and other digital devices</li><li>• Try building a quiet, calming activity into your night-time routine</li><li>• Unwind with a warm bath, hot shower or warm milky drink</li><li>• Try some relaxation exercises</li></ul> |
| Going to bed        | <ul style="list-style-type: none"><li>• A set bedtime will help to reset your body clock</li><li>• Go to bed when you feel tired and ready to sleep so that you fall asleep quickly</li><li>• Make sure your bedroom is dark, quiet and cool</li></ul>  |
| In bed              | <ul style="list-style-type: none"><li>• To make a strong connection between bed and sleep only use your bed for sleeping</li><li>• If you are still awake after 15 minutes get out of bed and engage in a quiet activity</li></ul>  |
| In the morning      | <ul style="list-style-type: none"><li>• Get up at the agreed time, even if you haven't slept well</li></ul>   |