SLEEP HYGIENE
TOP TIPS FOR HEALTHY SLEEP

SET YOURSELF A BED TIME

Most people set an alarm to wake up but rarely do people set an alarm to go to bed

ENSURE YOUR BEDROOM IS DARK AND QUIET

Remove any bright lights or objects from your room

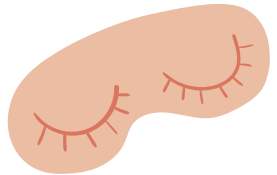## AVOID ALCOHOL & CAFFEINE

At least 4 hours prior to bed time

GET REGULAR EXERCISE

But avoid heavy exercise immediately before going to bed

AVOID LATE NIGHT MEALS

The body will prioritise digestion over sleeping

ESTABLISH A ROUTINE

Establishing a regular sleep routine will get the body into a healthy sleep rhythm. Maintain the same bed time and wake up time every day, including on weekends
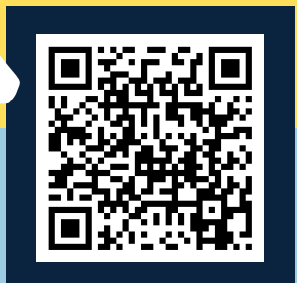
THINGS THAT CAN DISRUPT SLEEP

- Mental health (stress, anxiety, depression)
- Sleep apnoea
- Alcohol and caffeine
- Meals before bed (especially if large and fatty)
- Bright lights in the bedroom (especially phone lights)!

DON'T USE YOUR PHONE IN BED

The light will simulate and trick your brain into thinking it's day time

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