Sleep - get good rest to be at your best

Sleep routine

Do the same thing every night

Doing the same things in the same order every night, helps your brain to link those activities with sleep.

Try to keep to a set bedtime, write down your worries and/or take a warm bath.

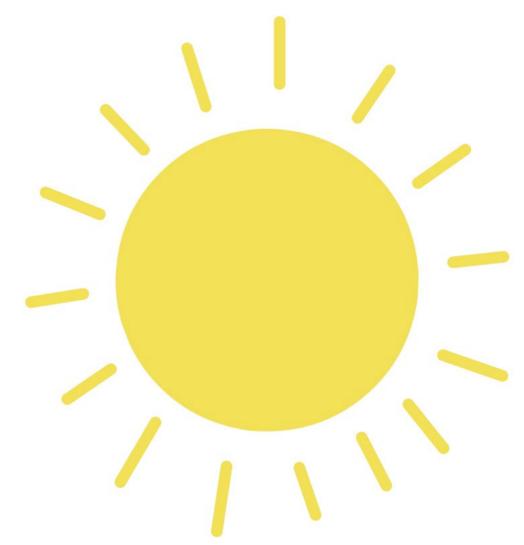For more resources to help support your health and wellbeing, visit

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Light

Get more light in the morning

Know which light to embrace and which to avoid.

Get outside in natural light throughout the day, and avoid artificial/blue light by turning off your smartphone and other gadgets well before bedtime.

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Environment

Create the right space for sleep

A key way to improve sleep is to ensure your sleeping environment is conducive to sleep. The ideal temperature is 15-18 degrees celsius.

Make the room as dark as possible and open a window or door to allow air to circulate.

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Exercise

Move more to get physically tired

Exercise helps to stabilise your mood, tires your body and when done outside exposes you to natural light, reinforcing your circadian rhythm.

All of which can have a positive effect on the quality of sleep you experience.

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Put down the pick me ups
Caffeine, alcohol and nicotine

If you struggle with sleep, cutting down on alcohol, caffeine and nicotine intake can help, particularly close to bedtime.

Why not take the 'Sleep Quiz', which is in the activities section of the resource hub to learn more.

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