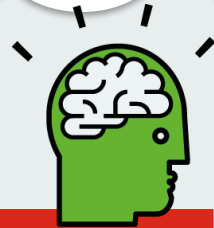


Sleep tips

Avoid



Using screens of any kind an hour before bedtime and don't look at them through the night



Over-stimulating bedroom environments

Sugary food and drinks or heavy meals close to bed time

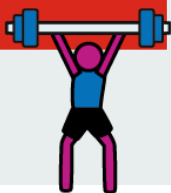


Caffeinated drinks or energy drinks particularly after lunch time



Exercise in the hour before you go to bed

*yoga and meditation are the exceptions



Going to sleep at inconsistent times and having naps



Try



Doing something relaxing before bed like sketching or reading



Using an alarm clock instead of the alarm on your phone



A healthy supper no later than 30 minutes before bed



Keep your bedroom tidy, organised and device free

Getting outside first thing on a morning to set your body clock



Exercising in the daytime, especially in the morning



Warm milk, water or herbal tea for supper



With **all of us** in mind.