

To help a good sleep routine ...



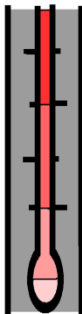
1. Have some time to relax before bed

This means you should do something relaxing 1 ½ hours before you go to bed.



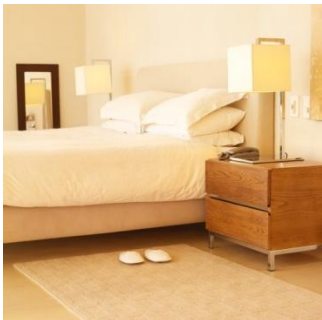
2. Decide on a regular bed time

This should be about 8 hours before you need to get up.



3. Make sure your bedroom is the right temperature

This means it is not too hot and not too cold.



4. Be careful what you eat and drink 2 – 3 hours before you go to bed



Do not drink:

Coffee, Tea, Hot Chocolate,
Fizzy Juice, Energy Drinks or Alcohol



Instead try to drink:

Drinks that do not have caffeine,
like herbal teas, 'decaf tea',
Ovaltine or Horlicks.



Do not eat:

Food that is hard for your body to
digest. Things like cheese, meat and
curry.



5. Set an alarm for the same time every day.

This will help you get into a routine.



6. You could have a bath just before you go to bed.

A warm bath can help you to relax.



7. Put the light out as soon as you get into bed.

8. Do not watch TV in bed.

If you do watch TV before bed, sit in a chair while you watch it.



9. Do not use your laptop or mobile phone in bed

If you want to use your laptop or phone, sit in another room to use them.



10. Do not nap during the day

Even if you are very tired, try not to nap during the day. Wait until the normal time you go to bed.





11. If you have a bad nights sleep, Do not have extra sleep the next day.

Try to keep to your 'sleep routine'



12. If you do not fall asleep after 30 minutes ...

Go to another room and relax, until you feel tired again.

Do this step again if you need to.

Keep following your bedtime routine for a few weeks.

It can take time.

Keep at it.

You can do it!

