

HOW TO GET A BETTER NIGHTS SLEEP



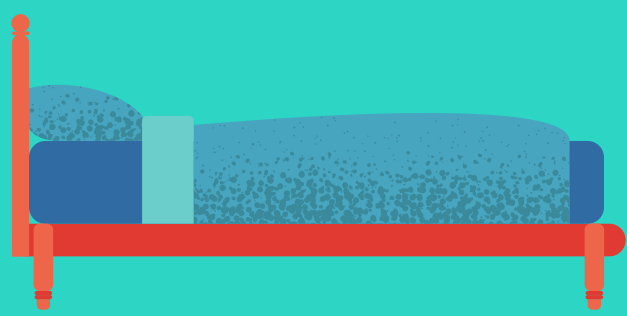
Stick to a routine – choose a bedtime and stick to it. Find a routine which prepares you for bed and aim to get 7 hours.



Relax – just 5 minutes of mindful meditation or focused breathing helps lower stress, relax the body and quieten the mind.



Reduce daily caffeine intake and limit beverage consumption before bed, especially excessive alcohol.



Get comfortable – invest in a good mattress, pillow and bedding, and keep the room cool (17°C).



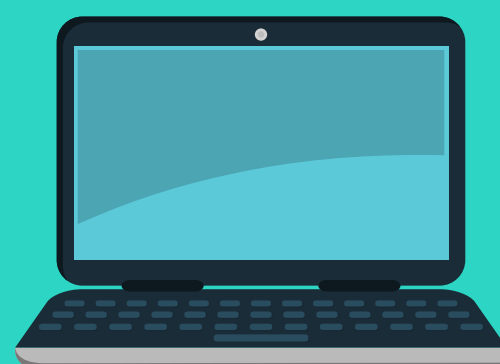
Avoid heavy foods but a light snack such as fruit or nuts before bed might help with hunger.



Take a **relaxing bath** or shower in the evening to soothe and refresh the body.



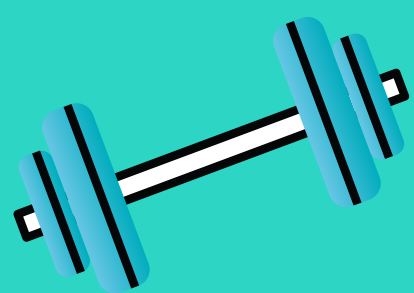
Find what works for you – pick up your favourite book, listen to some music or light candles.



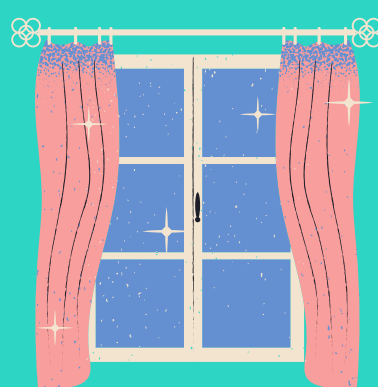
Reserve bed for sleep – If possible don't work in your bedroom as you will find it harder to relax there.



Use a **journal** to reflect on your day or write a to-do list to help organise your thoughts.



Exercise – introduce regular exercise into your day to help with excess energy.



Ensure blinds or curtains **block out light and noise** (or wear earplugs/eye mask).



Unplug – light emitted from devices disrupts natural rhythm and keeps you awake.