

# HOW TO GET

# A BETTER NIGHT'S SLEEP



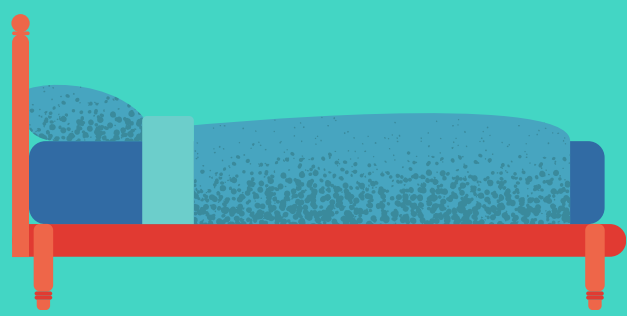
**Stick to a routine** – choose a bedtime and stick to it. Find a routine which prepares you for bed and aim to get 7 hours.



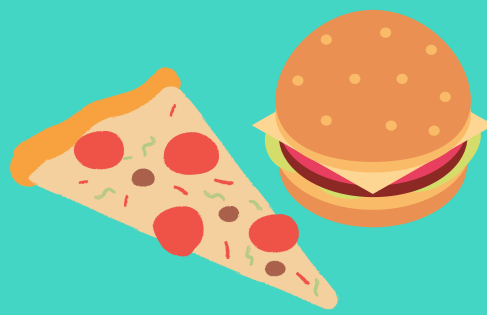
**Relax** – just 5 minutes of mindful meditation or focused breathing helps lower stress, relax the body and quieten the mind.



**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).



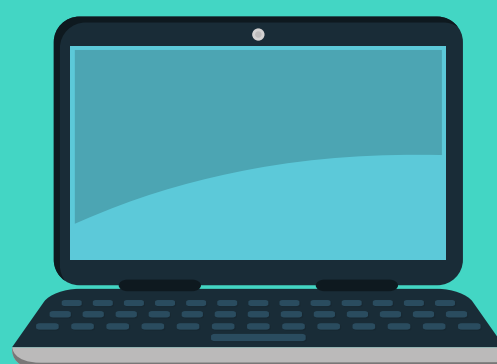
**Avoid heavy foods** but a light snack such as fruit or nuts before bed might help with hunger.



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



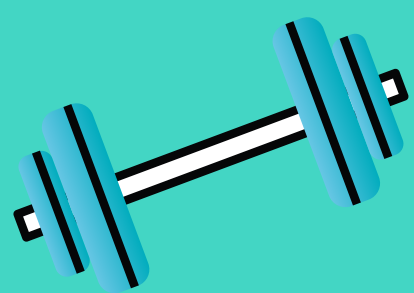
**Find what works for you** – pick up your favourite book, listen to some music or light candles.



**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.