

# Top Tips to Improve Sleep



## 1 Get to bed earlier!

Adults are recommended to get at least 7-8 hours sleep. Try to move your bedtime forwards in small increments if you find going to bed earlier a challenge.

## 2 Cut out the afternoon/evening caffeine

Be aware of hidden sources of caffeine, like chocolate and also some soft drinks (for example pepsi) contain caffeine. Try swapping caffeinated drinks for soothing herbal teas such as chamomile.

## 3 Devices off 2 hours before bed

Exposure to blue light has been shown to reduce your ability to feel sleepy. Blue light is emitted from smartphones, tablets, computers, TVs, LED and fluorescent lights.

## 4 Wind down time

Taking some time to wind down can really help prepare your body and mind for relaxation and sleep. Take a bath, do some light stretching, read a novel, listen to music - whatever works for you.

## 5 Balance blood sugar

Blood sugar on an up and down roller-coaster can disrupt sleep. Cutting down on sweets, increasing fibre, swapping to complex carbs, eating more slowly and regular exercise can all help.

## 6 Note down circulating thoughts

If your mind is still buzzing as you hit the hay, you could try writing down your thoughts in a note pad by your bed. Noting down circulating thoughts can help calm your mind before sleep.

## 7 Make a sleep haven

Make sure your bedroom is dark and quiet, and move devices such as your phone to another room. Reducing clutter in your bedroom can also help create an oasis of calm to help you drop off.