



IF YOU WOULD LIKE HELP GETTING A GOOD NIGHT'S SLEEP



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- **STOP TRYING!** We can't ever make ourselves fall asleep and the harder we try, the less likely we are to sleep.
- **AVOID CAFFEINE, ALCOHOL & NICOTINE.** These all affect our sleep badly.
- **TAKE REGULAR EXERCISE.** The fitter we are the better we sleep.
- **'PUT THE DAY TO REST'.** In the early part of the evening – make a 'to-do' list, deal with any problems or worries you have.
- **RELAX.** For at least 90 minutes before bed-time (listen to music, read, do a word puzzle etc) and no work, worries or exercise.
- **PRACTISE A RELAXATION EXERCISE.** When you get into bed then imagine taking yourself to a nice place in your mind e.g. a quiet, sunny beach.
- **GET INTO A REGULAR ROUTINE.** Of going to bed and getting up at the same time every morning and don't spend more than 8 hours in bed.