

tips  
for a **good nights sleep!**



This simple tip sheet has been developed to help you gain a good nights sleep.

- Establishing a bedtime ritual is helpful for good sleep.
- Keep your bedroom cool.
- Reduce caffeine intake.
- Stop smoking.
- Reduce stress as much as possible. If you toss and turn, get up. For example, try and write down all the things that are preoccupying your mind before you go to bed.
- Take a warm bath before bed.
- Avoid alcohol near bedtime.
- A heavy meal too close to bedtime interferes with sleep.
- Exercise relaxes muscles and aids sleep. But vigorous exercise just before bed may interfere with sleep.
- Go to bed only when you are sleepy.
- Establish a regular sleep schedule. It keeps your biological clock going in the right direction. Avoid napping during the day.

Practicing these few simple habits can assist you with getting a better nights sleep.

**for assistance with improving your wellbeing contact:**  
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