10 tips for better sleep

Keep regular hours

Take more exercise
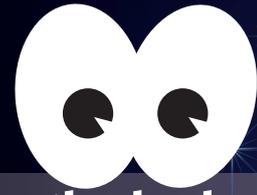
Keep the bedroom quiet and dark

Make sure your bedroom isn't too hot or too cold

Reduce caffeine intake

Write down worries on your to-do list

To Do

Don't over-indulge on food and alcohol

Turn off gadgets

SLIDE OFF

Invest in a comfortable, supportive bed

Relax properly before going to bed

SLEEP GOOD FEEL GOOD ®

The Sleep Council

Helping you get a better night's sleep
www.sleepcouncil.org.uk