

# 9 tips for a good night's sleep



1

## Cut the caffeine

Caffeine sensitivity can vary, but doctors recommend limiting caffeine after 12pm.



2

## Avoid alcohol

Alcohol has a dehydrating effect and reduces sleep quality.



3

## Set boundaries

Take regular breaks during the day and switch off when it's time to do so.



4

## Disconnect

Beware of constant connectivity. Avoid blue light from screens before bedtime.



5

## Create rituals

Find the bedtime rituals that help you wind down and relax. A bath, candles, yoga etc.



6

## Lower the lights

If you can't block light in your bedroom, consider wearing a sleep mask.



7

## Keep it cool

From 9pm your core body temperature falls, easing you towards sleep. Make sure your bedroom is cool to help you on your journey towards sleep.



8

## Write down your anxieties

Worries always seem bigger at night. Write them down before you go to sleep, so they can be contained elsewhere.



9

## Have a routine

Go to sleep and wake up at the same time each day.