



Sleep Tips

1. Make sleep a top priority. Establish a routine.
2. Don't have caffeine at all or within about 7 hours of bedtime (according to research).
3. Spend 30 minutes to an hour getting ready for bed, doing things like taking a warm bath/shower or going into a dimly lit environment.
4. Use the night mode on mobile phones and turn off WIFI at night. Leave phones, iPads, laptops etc. out of the bedroom if possible or at least have them on aeroplane mode.
5. Try to keep a regular bedtime and wake up schedule. (If you don't, it can be like you're having chronic jetlag).
6. Meditation. Do it on a regular basis. It's calming.
7. Make your room very dark and quiet. Get an eye mask and ear plugs, if need be.
8. Keep your bedroom cool, preferably between 18 to 21 degrees.
9. Make sure you have a comfortable mattress.
10. Don't do work until right before bed. Stop working and start relaxing earlier.
11. Magnesium is a great supplement to aid sleep. Don't take sleeping pills or melatonin if you can avoid them as they have negative effects.
12. Get out in daylight and have as much natural light as possible to aid your circadian rhythms.

13. Eat only in daylight if possible or avoid eating at least 2-3 hours before bed. And reduce fluids 2 hours before bed.
14. Increase exercise – gentle exercise in the morning and more active between 4-6pm. Don't exercise too close to bedtime as that can interfere with sleep.
15. Reduce alcohol intake or don't have it at all.
16. Aim to get 7-9 hours of quality sleep per night. For example; 10pm – 6am = 8 hours and 10pm – 7am = 9hours.
17. If you are not completely refreshed upon awakening go to bed 15 minutes earlier until you get your bedtime right for you.
18. Minimise stimulation at night – turn off phones and tv, reduce lighting and make dimmer, read a book, do some deep breathing, meditate, have a warm bath 1 hour before bed.
19. If you or your partner snores investigate mouth taping – google “mouth taping for snoring” and watch some videos. My partner and I have tried this with mixed results and there are mixed views on the safety so please make sure you research this and get advice from a medical professional if necessary.
20. Have separate duvets if one of you needs to be warmer/colder.