

Top tips to help you sleep

Sleep hygiene – what gives you the best chance of a good night's sleep?



Unplugging – getting ready for bed

Caffeine

Think about the time of your caffeine consumption – recommendations are to stop 6 hours before bed.

Alcohol

Alcohol can stop you entering REM sleep, which is a very restorative stage. 2 hours before bed is the recommended time to stop.

Mindfulness

Mediation and mindfulness – practicing mindfulness for 10 minutes a day has been proven to help improve sleep quality and quantity.

Exercise

Some sort of exercise at any time throughout the day can help improve you sleep at night. Think about what time suits you best, whether it be morning or evening.

Devices

Try and turn off any devices in the bedroom 3 hours before bed. The blue light that they emit can interrupt REM sleep, which in turn can leave you more tired in the morning

Tiredness

Go to sleep when you're tired – it sounds so simple, but going to bed when you're tired means your circadian rhythm can tell you when to go to bed and wake up.