

## 12 TIPS FOR BETTER SLEEP



# 1

**Increase bright light exposure during the day**

Especially within first 2 hours of waking. Natural daylight is best but you can also use a light therapy lamp.



# 2

**Reduce blue light exposure in the evening**

Stay off your devices or change settings to reduce blue light.



# 3

**Don't consume caffeine late in the day**

Pay attention to your caffeine intake and eliminate or reduce after 3-4pm.



# 4

## Reduce irregular or long daytime naps

Sleep only during night time hours at least until your sleep patterns are regular.



# 5

## Go to sleep and wake at consistent times

Have a set time to sleep and to wake up in the morning to stabilise melatonin.



# 6

## Don't drink alcohol

Alcohol is a stimulant and negatively affects sleep quality.



7

## Optimise your bedroom environment

Keep your room as dark as possible, noise to a minimum and temperature cool. Optimal is between 60-67F or 15.6-19.4C.



8

## Don't eat late in the evening

Try not to eat within 3 hours of bedtime as digestion will affect sleep quality.



9

## Relax and clear your mind before bed

Adopt a relaxing pre-bedtime routine to clear your mind.



# 10

## Exercise regularly

This reduces the length of time it takes to go to sleep and reduce stress.



# 11

## Don't drink too much liquid before bed

Finish your liquid intake with enough time to empty your bladder fully before bed to prevent waking up.



# 12

## Have a specific evening and morning routine

Our body loves routine and pattern. Not only will your sleep improve but so will your productivity!