

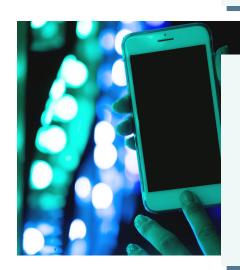
12 TIPS FOR BETTER SLEEP



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.



Reduce irregular or long daytime naps

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



5

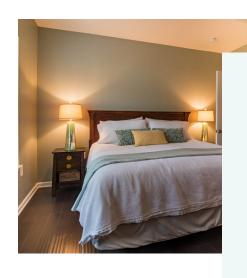
Go to sleep and wake at consistent times

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



Don't drink alcohol

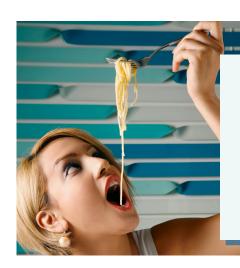
Alcohol is a stimulant and negatively affects sleep quality.



7

Optimise your bedroom environment

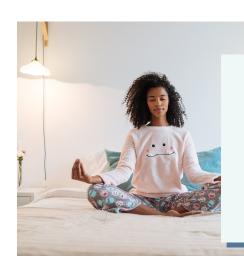
Keep your room as dark as possible, noise to a minimum and temperature cool.
Optimal is between 60-67F or 15.6-19.4C.



8

Don't eat late in the evening

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



9

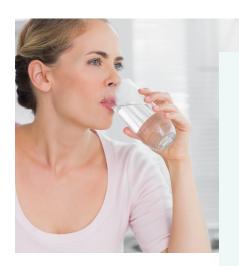
Relax and clear your mind before bed

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



Exercise regularly

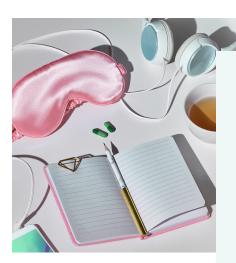
This reduces the length of time it takes to go to sleep and reduce stress.



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!