

- Start a -
**bedtime
ritual**
to help you
wind down.

Set aside a time for problem-solving during the day

When you get into bed, if you have the same thoughts, remind yourself that you've already thought about them for today and put off worrying until tomorrow.

If you don't want to problem-solve during the day, consider having a 'worry pad' by your bed to jot down thoughts.

10 tips to

IMPROVE YOUR

sleep

GET INTO A ROUTINE

Try to go to bed at the same time every night and wake up at the same time in the morning.

DO NOT NAP

or sleep late in the mornings trying to make up for lost sleep.

Do not lie in bed awake for a long time.

If you can't sleep, get out of bed & do something distracting like reading a book. Return to bed only when you are sleepy again. This will help you learn to associate bed with sleep & not being distressed.

Sleeping pills don't provide a long-term solution to chronic sleeping problems. Speak to your GP about possible alternatives.

- Avoid -
CAFFEINE
in the
evenings

**AVOID DEVICES
AN HOUR BEFORE
BEDTIME**

Don't use alcohol
to help you fall asleep