



Top Tips for Sleep Hygiene

Setting a good routine!

Set a bedtime routine — Make sure you are going to bed early and having between 7-8 hours sleep and getting up the same time every morning

Make your bedroom nice and relaxed — Make sure the environment is only used for sleeping. Do not use the environment to play games or for school work.

Prepare your body for sleep.

Eating — make sure you are not eating too late but if you need to, have a light snack such as porridge or a banana.

Avoid Fizzy drinks, chocolate or coffee.

Drinking — Make sure you are reducing the amount you drink in the evenings.

Toileting — Make sure you go to the toilet before going to bed, so you don't wake in the night.

Helpful strategies.

To help you relax before sleep, you might try:



Having a warm bath or shower 30 minutes before bed

No screens an hour before going to bed. Turn that phone or ipad off!

Listening to soothing music

Have a massage

Relaxation exercises

