



SLEEP ENABLERS AND PREVENTERS

SLEEP ENABLERS

Maximise light exposure during the day

Keep hydrated during the day (but don't drink too much before bed!)

Wind down routine before bed time – perhaps a warm bath, relaxation / mindfulness

Dark, quiet, cool comfortable bedroom

Dimmer switches on lights at night and in bathroom

Regular 'go to bed' and 'wake up' times

Daily exercise – ideally later afternoon or early evening

A "worry diary" to put your worries to bed before trying to sleep

Soothing music

SLEEP PREVENTERS

Stimulants such as alcohol, caffeine and nicotine

Use of technology (laptops / tablets / smartphones) before bed

Exercise in the late evening

Heavy, fatty meals before bed

Stress, anxiety and worry

Certain medications – speak to your GP if you have any concerns