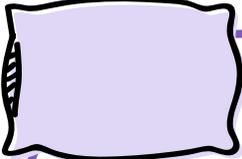


# How to have a good night's sleep

MindWell



**Create a comfortable and peaceful place to sleep.** Clear any clutter and make sure your room isn't too warm. Could you put up black-out curtains or use an eye mask to block out light? Keep your bedroom as the place where you sleep - don't use it for watching TV, studying or exercising.

**Create a sleep routine:** have set times to get up and go to bed. You could use an alarm to remind you, an hour before bedtime, that it's time to start winding down.



**Some medications like anti-depressants can affect your sleep:** talk to a GP or pharmacist if you're concerned.



**Try a digital detox:** don't use your mobile or laptop in the hour before bedtime, or, leave a device near your bed where the light can disturb your sleep.



**Cut down on caffeine before bed:** avoid coffee, tea or caffeine-based drinks after 6pm.

**Keep a pen and paper next to your bed:** write down any worries or things you need to do. Set a time the next day to tackle any problems.



**Find what helps you relax:** This could be a warm bath, essential oils, a milky drink, soothing music, or relaxation breathing.



**Do some moderate exercise in the early evening:** like walking (three hours before bedtime).



**Finish your evening meal 2-3 hours before bedtime:** if you're hungry eat some crackers or a banana with a milky or caffeine-free drink.



**Don't use alcohol to help you sleep:** you will sleep lighter and be more likely to wake up.



**Try to re-train any poor sleeping habits:** if you find it hard to fall asleep within 20 minutes, get up and sit quietly until you feel sleepy and then return to bed. Repeat if you still don't fall asleep.