



## Sleep Advice

1. Caffeine is a stimulant and can keep you awake, so avoid it for at least 4 hours before going to bed. Caffeine is in coffee, tea, energy drinks and even some fizzy drinks.
2. Avoid nicotine for at least an hour before bedtime.
3. Avoid alcohol around bedtime as it can disrupt sleep during the night.
4. Avoid eating a large meal immediately before bedtime. Also going to bed hungry may prevent sleep so a light snack may help.
5. Regular exercise can promote sleep, try not to exercise for at least 2 hours before bedtime.
6. Create a calm atmosphere in your bedroom. Clean and tidy room, comfortable mattress, calm colours.
7. Temperature should be around 18 degrees
8. Keep the room quiet and dark during the night. If a light is needed, a red light is the best option.
9. Try to spend time in natural daylight during the day.
10. Use your bedroom only for sleeping in. Avoid watching TV, listening to the radio, using your phone/tablet/laptop, don't eat in the bedroom. Your brain will start associating these things with the bedroom which can prevent sleep.
11. Try to keep regular bedtimes and getting up times.

Ref: Kevin Morgan, Beverley David, Claire Gasgoigne (2007) - Clinical Sleep research unit - Loughborough University