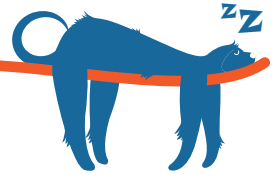


How to sleep well



The checklist

- Set a regular bedtime and stick to it, give or take half an hour
- Exercise regularly during the day
- Have the right amount of sunlight exposure each day. At least 30 minutes early in the day
- Do not nap, especially after 3.00pm
- Complete your homework earlier in the evening, so you can relax in the evening
- Share your worries with someone you trust or keep a diary and write them down
- Avoid stimulants such as tea, coffee, chocolate, late food, alcohol, drugs and soft drinks with high caffeine levels
- Unwind in the evening by keeping the lights low
- Have good curtains that keep your bedroom dark. Keep the temperature of your bedroom cool
- Get your bedroom ready for bedtime. Tidy so it feels relaxing and make your bed so you're comfortable. Change your bed linen regularly and keep it fresh
- Plan something relaxing before you go to bed - a nice warm bath is great
- Avoid watching anything stimulating, scary or exciting before you go to bed
- Avoid using the phone, texting, playing computer games or watching TV or DVDs in bed or the hour before bedtime
- Try not to clock watch in bed, if you're struggling getting to sleep, try a relaxation technique
- If you must have sound in the background, play something soft and relaxing like natural sounds or gentle music