

Sleep Better



Getting quality sleep isn't always easy. Below are some simple things you can do that may contribute to getting a better night's sleep. Try one or two each night (in any order you want) and in the morning take a minute to assess which ones are working for you. You can use these ideas regularly. Track which ones you've tried by checking them off as you go.

<p>Get your sleep space ready Make it dark (use black out curtains, eye masks)</p>	<p>Adjust device settings at night See if your TV has a 'night mode' where you can dim the screen in the evening</p>	<p>Head to bed before your second wind Commit to a regular bedtime each night</p>
<p>Protect yourself from too much blue light Remove mobile phone from bedroom. Limit device use before bed or turn off and put away electronics away an hour before sleep.</p>	<p>Spend at least 30 minutes - 1 hour outdoors in natural light This helps regulate the hormones that control your mood and sleep</p>	<p>Exercise during the day to support a good night's sleep</p>
<p>Practice gratitude to help reduce stress levels</p>	<p>Meditate to help reduce stress and anxiety</p>	<p>Device alternative Try reading a book before bed</p>
<p>Get your sleep space ready Reduce noise (shut doors, use ear plugs, turn off devices)</p>	<p>Mind on overdrive? Write down ideas, thoughts and 'to-dos' in a notebook to work on after you've slept</p>	<p>Get your magnesium Check out these foods and this guide on supplements</p>
<p>Boost your omega 3 Enjoy oily fish at least twice a week or try these plant-based options</p>	<p>Keep a sleep log You might have a watch that will do this for you or try free apps like Tide, or Sleep Cycle</p>	<p>Breathing Practise a little mindful breathing before bed. Here's a 3 min practice to try</p>
<p>Avoid eating too close to when you sleep Aim for a gap of a good couple of hours between eating and sleeping</p>	<p>Get your sleep space ready Make your room the cool. Aim for around 16-18°C</p>	<p>Warm milk before bed Warm milk can work for some, so might be worth a try</p>
<p>Swap to non-alcoholic drinks Alcohol can compromise the quality of your sleep</p>	<p>Keep caffeine to before lunch Too much caffeine can compromise sleep quality</p>	<p>Seek natural light Leave your sunglasses at home or in your bag for your morning walk or commute.</p>