

## If you have sleep problems:

1. **Sleep problems are common** - Lots of people struggle with sleep sometimes, and it's usually not as harmful as it feels.
2. **If you can't sleep, get up for a bit** - If you've been awake for more than about 20 minutes, get out of bed and go to another room.
3. **Do something relaxing** - Try something calm like reading or listening to quiet music. Try not to worry about the next day, most people cope fine even after a bad night.
4. **Go back to bed when you feel properly sleepy** Wait until you feel "sleepy tired" before returning to bed.
5. **Use the tips you learned earlier** - The ideas from the previous page can help you relax and settle.
6. **Be patient - good sleep takes time** - It can take weeks to build a healthy sleep routine. If you've had sleep problems for a long time, it may take longer, but you can get there.



# THE GOOD SLEEP GUIDE

## During the evening:

1. **Let your mind settle** - Try to “put the day away.” If you have thoughts buzzing around, write them in a notebook so your mind feels clearer.
2. **Do some light exercise** - A gentle walk or simple movement in the early evening can help your body relax later.
3. **Slow down as bedtime gets closer** - Try not to do anything too hard or too busy in the 90 minutes before bed. Give your brain time to calm down.
4. **Don't fall asleep on the sofa** - Save sleeping for your bed so your body learns that bed = sleep.
5. **Avoid caffeine after 6pm** - Drinks like coffee, tea and cola can keep you awake, so it's best not to have them in the evening.
6. **Make your bedroom cosy** - Try to keep it not too hot and not too cold, just comfortable enough to relax.

## At bedtime:

1. **Go to bed when you feel properly sleepy** - Wait until your body feels “sleepy tired” before getting into bed.
2. **Keep screens out of bed** - Don't watch TV in bed — it makes it harder for your brain to switch off.
3. **Wake up at the same time each day** - Set your alarm for the same time every morning. This helps your sleep pattern settle into a routine.
4. **Turn the lights off when you get into bed** - Darkness helps your brain understand it's time to sleep.
5. **Try a calming drink** - Drinks like camomile tea, Horlicks or Ovaltine can help you relax.
6. **Enjoy the quiet time** - Even if you don't fall asleep straight away, relaxing in bed is still helpful.