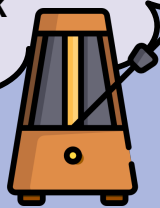


Improve Sleep Hygiene ✨

Be consistent:
Try sticking to your bedtime routine, even on weekends and holidays. Having a consistent routine can help to regulate your internal clock



Comfortable Environment:
Make sure your room is cool, dark, and quiet. Invest in comfortable bedding and pillows to make sure you are comfortable while you sleep.



Keep a Sleep Journal:
This can help you identify patterns that might be affecting your sleep, and help you make adjustments to your bedtime routine.

Be Patient:
Establishing a bedtime routine can take time. Be patient with yourself and don't get discouraged if it takes a while to find a routine that works for you.



Consult a Health Professional:
They can help you identify any underlying sleep disorders and provide guidance on how to improve your sleep hygiene.



Body Temperature:
To prepare your body for sleep, try taking a warm bath or shower, which can help lower your body temperature and make it easier to fall asleep.



Find Activities:
Find activities that help you relax and unwind before bedtime. Experiment with different activities until you find what works best for you.



Limit Clutter:
Keep your bedroom free of clutter and unnecessary items. A clean and organised bedroom can help promote a sense of calm and relaxation.



Avoid Screens:
(At least an hour before bed). The blue light emitted from electronic devices can disrupt the body's natural production of melatonin.



Practice Relaxation:
Practising relaxation techniques, as this can help to calm the mind and prepare the body for sleep.

