

# TOP 5 TIPS TO PROMOTING A BETTER NIGHTS SLEEP

**TIP1: ESTABLISHING A SLEEP/WAKE ROUTINE**  
GET INTO THE HABIT OF GOING TO BED AT THE SAME TIME EVERY NIGHT AND WAKING UP AT THE SAME TIME EVERY MORNING

**TIP2: KEEPING YOUR BEDROOM AS DARK, QUIET AND CALM AS POSSIBLE. ALSO KEEP IT AT A COMFORTABLE TEMPERATURE WITH A RECOMMENDED RANGE BETWEEN 16 TO 19 DEGREES CELSIUS.**

**TIP 3: REDUCE YOUR NIGHTLY SCREEN TIME**  
TRY TO HAVE NO SCREEN TIME AT LEAST AN HOUR BEFORE BED

**TIP 4: AVOID KNOWN DIETARY SLEEP DISRUPTORS - SUCH AS LARGE MEALS, ALCOHOL AND CAFFEINE BEFORE BED.**

**TIP 5: AND FINALLY, GET ACTIVE! REGULAR DAILY PHYSICAL ACTIVITY HAS BEEN FOUND TO IMPROVE SLEEP QUALITY**