

TIPS FOR A GREAT NIGHT'S SLEEP

1.

Avoid sugar before bed

2.

Aim for 9-11 hours of sleep each night

3.

Make time for a bit of exercise each day

4.

Try to go to sleep and wake up at the same time each day

- Have a shower or bath
- Brush your teeth
- Keep lighting soft
- Turn off devices
- Read a book
- Listen to calming music
- Meditate

My Bedroom Routine

