

How to Get Good Sleep

Sleep at regular times

- Most adults need 6 to 9 hours sleep
- Try to go to sleep at the same time every night
- Try to wake up at the same time every morning

Make sure you wind down

- Organise your thoughts by writing a list for the next day to clear your mind
- Try relaxation exercises
- Read a book or listen to music

Make your bedroom sleep-friendly

- Turn off gadgets
- Keep your room tidy and organised
- The ideal temperature is 18C – 24C

