



WAKE UP!

When we are talking about sleep, it may seem a little bit odd to include a section about waking up. But this could be the most important sleep information that you read!

Here are some tips to create a great wake up routine to help you get a better night's sleep:

- Get up at the same time every day. This helps to improve your body's natural circadian rhythm, also known as the body clock
- Open the curtains in the morning and expose yourself to natural daylight. This will help you to feel more awake and supports your body clock
- In wintertime you may want to use artificial light such as a light box to help with your sleep routine
- Get active outdoors in the morning. Try to do this at the same time each day
- We naturally have a dip around midday. Exposure to natural daylight can help us to get through this

For more information and advice, visit The Sleep Charity at thesleepcharity.org.uk or contact us on info@thesleepcharity.org.uk