the Sleep Charity

Practical Sleep Tips for Adults

ADVICE SHEET

Simple lifestyle changes can make a world of difference to your quality of sleep.

Try following these simple tips

Keep a consistent routine
Try to wake up at the **same time every day** - it helps train your body's internal clock, improves overall sleep quality and makes it easier to feel naturally sleepy at bedtime.

Make your bedroom calm and comfortable
Keep it mainly for sleep and rest. Try to make it **cool, quiet** and **dark.**

Make sure your bed is comfortable
It's difficult to get deep, restful sleep on one that's **too soft, too hard, too small** or **too old.**

Move more during the day
Regular exercise like walking or swimming can help you relax. But not too close to bedtime or it may keep you awake!

Cut down on caffeine
Tea, coffee, cola and energy drinks can keep you awake, especially in the evening. Try a **warm milk drink** or **herbal tea** instead.

Don't over-indulge
Too much **food or alcohol,** especially late at night, just before bedtime, can play havoc with sleep patterns. Alcohol may help you fall asleep initially but will interrupt your sleep later in the night.

Don't smoke
Yes, it's bad for sleep, too: smokers take longer to fall asleep, wake more often and **often experience more sleep disruption.**

Try to relax before going to bed
Switch off screens an hour before bedtime and instead have a warm bath, listen to some quiet music, do some yoga – all help to relax both the mind and body.

Clear your mind
If you're worrying about things, **write a list** of what you need to do tomorrow.

If you can't sleep
don't lie there worrying about it. **Get up and do something** you find relaxing until you feel sleepy again – then go back to bed.

the national sleep helpline **03303 530 541**

For more information visit
thesleepcharity.org.uk