the Sleep Charity

ADVICE SHEET

Practical Sleep Tips for Adults

Try following these simple tips for better sleep:

Go to bed when you feel sleepy and wake up at the **same time every day**

Make your bedroom **quiet**, **dark**, **calm** and **relaxing**

Don't eat too much before bed

Don't **smoke**

Relax before bedtime

Write down **worries**

Move your body more

Drink less **caffeine**

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.**

For more information visit
thesleepcharity.org.uk