the Sleep Charity

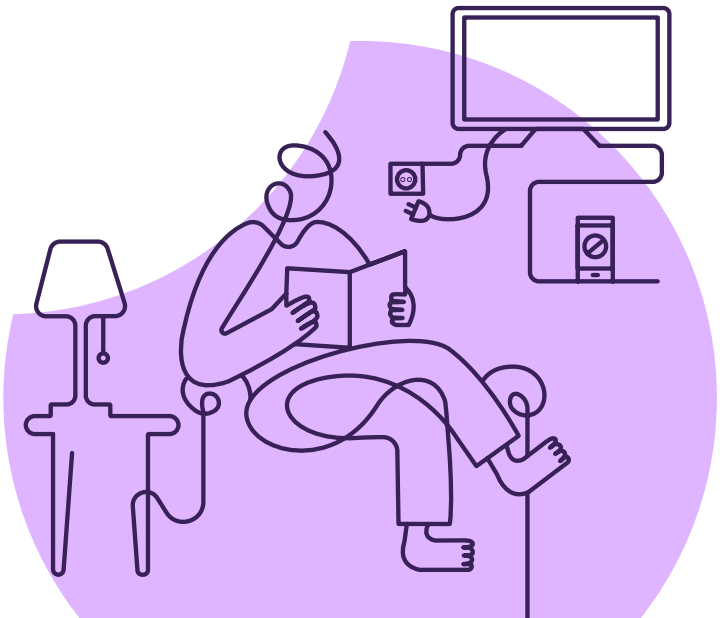
ADVICE SHEET

Practical Sleep Tips for Over 50s

Our sleeping patterns naturally change as we get older, so it's not unusual to have trouble sleeping.

Here are some easy-to-follow sleep tips:

- Wake at the **same time** each day
- **Avoid caffeine, nicotine and alcohol** in the evening
- Get **outside** every day
- Keep the bedroom **cool, quiet and dark**
- **Move** your body
- Ensure your **bed is comfortable**
- Check your **medications**
- Don't **drink** too much **before bed**
- Keep **naps** short
- Don't **overthink** sleep



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thesleepcharity.org.uk