the Sleep Charity

ADVICE SHEET

# 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

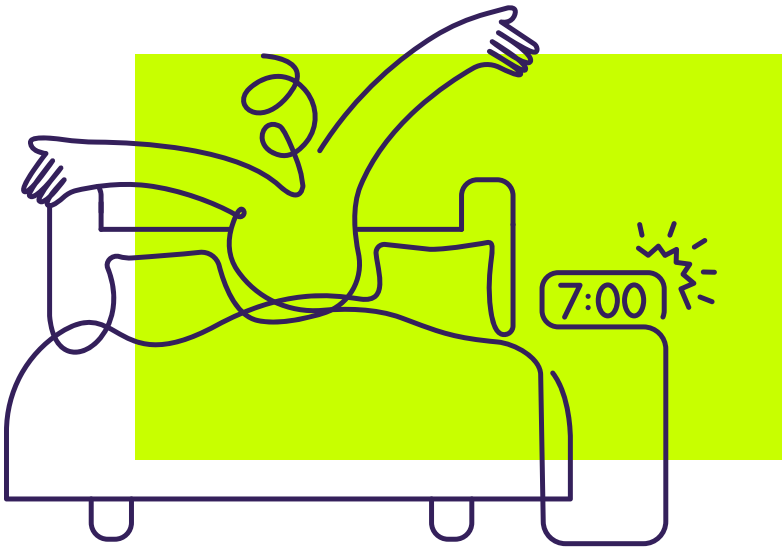
**Get up at the same time every day.** This helps to improve your body's natural circadian rhythm, also known as the body clock

**Get active outdoors in the morning.** Try to do this at the same time each day

**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

**We naturally have a dip around midday.** Exposure to natural daylight can help us to get through this

**In wintertime you may want to use artificial light** such as a light box to help with your sleep routine




the national sleep helpline

**03303 530 541**

**For more information visit**
**thesleepcharity.org.uk**