

Shane Warren Coaching & Counselling Services

Changing lives through simple solutions!

Try these tips for a good nights sleep:

1. Try to go to sleep and wake up at the same time each day.
2. Be as active as possible during the day and spend some time outdoors.
3. Reduce the amount of caffeine you have each day and avoid caffeinated drinks after lunchtime.
4. Avoid naps during the day. If you do nap, keep it to 20 minutes and before 3:00 pm.
5. Avoid heavy meals, exercise or working on the computer late in the evening.
6. Relax for 30 minutes before going to bed.
7. Avoid smoking and drinking alcohol in the evening.
8. Make sure your bedroom is not too hot or cold.
9. Don't eat, work, watch television, read or discuss problems in bed.
10. Ensure you are comfortable and your bedroom is quiet and dark.
11. Don't stay in bed if you are awake for more than 20 minutes – go to another room and do something relaxing.

Good sleep habits take time to develop – so don't give up trying!

Source: www.nps.org.au/sleep