

Start to sleep better ZZZZZZZZZZ

Get rid of sleep disruptors

Limit or avoid caffeine and other stimulants - tea, coffee, cola and chocolate

Avoid watching television an hour before bed

Avoid bright and computer lights in the evening

Eat light and eat early - so you don't get indigestion and you're not digesting food

Exercise early (3 hours before bedtime) so your core body temperature lowers

Use worry strategies - write down your worries and put them aside ...

Improve sleep enhancers

Make sure your bed and your bedroom are comfortable: cool and well-aired room, comfy mattress and pillows, warm bedding, quiet (mask sounds or wear ear-plugs)

Keep your bedroom as dark as possible (use eyeshades if you need to)

Create a relaxing bedtime routine during the hour before bedtime

Take a warm bath early in the evening so your body can cool down

Listen to relaxation audio aids (apps: [Breathe2Relax](#), [Calm](#), [Take a Break](#))

Listen to relaxing music

Read a book or magazine

Synch your body clock

Use light to your advantage - let the light in first thing in the morning and get outside for 30-60 minutes a day - strengthening your internal clock

Keep to a regular sleep schedule - go to bed and wake up at the same time each day

Avoid lie-ins

Limit napping

Create a strong association between bed and sleep

Keep your bed for sleep and listening to Audio Sleep Aids (apps or CDs) - don't watch TV, work, read or snack in bed

If you are not sleeping within 20 minutes, get out of bed and do something relaxing in dim light until you are tired. This also applies if you wake up during the night.

OR use audio sleep aids (App - free version of "[iSleep Easy](#)")

Don't Be a Night-time Clock-Watcher - you will get more stressed and frustrated

If any of these relaxations or meditations produce uncomfortable physical or emotional sensations, please do not continue to use them.