

# Six steps to a sound night's sleep



1

## Think about how much sleep you need

Aiming to get seven to nine hours sleep each night is about the right amount. Go to bed and wake up at the same time each day (including weekends and free days) to get into a good routine.

2

## Dim the lights

Unnatural light in the evening interferes with your body's 'sleep hormone' called melatonin. Dim the lights in the room at least two hours before you go to bed. This includes phones, tablets and laptops.

3

## Make time to relax

Stress can affect sleep. Relax before bed to help you to wind down and put aside any stresses from your day. You could try a warm bath or some light reading.

4

## Adjust your environment

Make sure your room is the right temperature for you and control any noise where you can. An eye mask and ear plugs can be a good investment.

5

## Make sleep mindful

Get into bed and lie on your back, if this is comfortable for you. Rest your hands on your tummy and take a deep breath in. Feel your tummy rise as you inhale. Breathe in and out for four counts. Repeat 10 times.

6

## Actively relax your body

Starting with the muscles in your toes, tense and then relax them. Work your way up your whole body, until you reach your forehead. Tensing all your muscles and then releasing them brings relaxation.