

Tips to improve your sleep

- ▶ Without a good night's sleep, it can be hard to function properly. Poor sleep can make you feel tired and grumpy. The good news is there are things you can do to improve your sleep by making a few changes to your daily routine and habits.

Here are some simple tips to help you sleep better at night:

Set your body clock

- Go to bed and get up at the same time each day, including weekends.
- Keep your daytime routine the same, even if you've had a poor night's sleep.
- Get out in bright light as soon as you wake up – light regulates your biological clock.



Wind down at bedtime

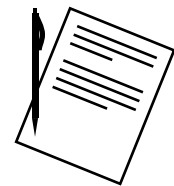
- Relax before going to bed; try reading, having a bath or listening to music.
- Make your bedroom dark, cool and quiet and ensure that your bed is comfortable.
- Don't go to bed hungry. Drinking a warm glass of milk before bed may be helpful.
- Avoid heavy meals within two hours of bedtime as this can interrupt sleep.

Keep your evenings stimulant-free

- Don't drink caffeine-containing drinks within six hours of going to bed.
- Avoid smoking and drinking alcohol two hours before going to bed.
- Avoid using your computer, mobile phone and other electronic devices for at least 30 minutes before going to bed.

Go to bed when you're tired

- If you go to bed at the same time each night, you should start to feel sleepy at bedtime.
- If you're awake after 20 minutes, get up and do something relaxing in another room.
- If you have things on your mind, write them down. Keep a pen and paper by your bed.



Be active in the day

- Regular daytime exercise improves sleep.
- Avoid strenuous exercise within 3 hours of going to bed.



If you want to make some changes and think that some of these tips would help you get a better night's sleep then go to page "Sleep tips tracker" on page 18 and use the sleep tips tracker to help keep a record of the things you are doing.

Common sleeping problems are insomnia and obstructive sleep apnoea.

If you think your poor sleep is due to a sleep disorder, see your doctor for advice. There are treatments available.

Learn more at: www.hn.org.nz/health-living/sleep/

For more copies, visit www.hn.org.nz/takecharge

Sleep tips tracker



To help you get a better night's sleep

| Activity | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|---------|-----------|----------|--------|----------|--------|
| No caffeine within 6 hours of going to bed | | | | | | | |
| No alcohol within 2 hours of going to bed | | | | | | | |
| No smoking within 2 hours of going to bed | | | | | | | |
| No heavy meals within 2 hours of going to bed | | | | | | | |
| Didn't go to bed hungry | | | | | | | |
| No physical exercise within 3 hours of going to bed | | | | | | | |
| Set a bedtime routine and went to bed on time | | | | | | | |
| Set a bedtime routine and woke up on time | | | | | | | |
| Didn't have a sleep/nap during the day | | | | | | | |
| Got out of bed when awake for more than 20 minutes | | | | | | | |
| Relaxed before bedtime | | | | | | | |
| Wrote down things on my mind and took pen and paper to bed | | | | | | | |
| No computer, mobile phones or other electronic device 30 minutes before going to bed | | | | | | | |
| Did some exercise during the day | | | | | | | |
| Rate 1..... 10 how good was your sleep | | | | | | | |

Having difficulty sleeping? There are lots of things you can do to help get a better night's sleep. Use this form to record the changes you are making – remember the more changes you make, the more likely you are to get a good night's sleep. For more copies, visit www.hn.org.nz/takecharge