

## **Things to Help You Sleep**

I don't know about you, but sometimes do you find that if you don't get enough sleep or have a broken nights' sleep, then everything you do the following day seems to be much harder. Here are some tips to help you sleep which I hope helps you.

1. Try to stick to a sleep schedule i.e. go to bed at the same time every night. If you find you go to bed and still cannot get to sleep, get up and do something relaxing - read a book or listen to some soothing music.
2. Try not to eat sugar or drink juice before you go to bed. This also applies to nicotine, caffeine, or alcohol. These will keep you awake or contribute to a broken nights' sleep.
3. Try not to look at your mobile phone, tablet, or computer at least 3 hours before you go to bed. These will mess with your sleep pattern.
4. Create a restful environment - make sure your room is dark and possibly use some earplugs if you have them. Try to have a bath before bedtime so that your body is relaxed.
5. Include some sort of physical activity into your day if you can - this could include going for a walk.
6. Usually, when you can't sleep or keep waking up it could be that something is on your mind. Keep a journal or a pad by the bed. Jot down what is on your mind - whatever it is can be dealt with the next day.
7. If you can, try listening to some soothing music or meditate before you go to bed.