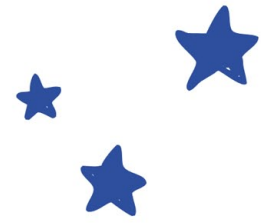# Top Tips
for a Good Night's Sleep

1. **Stick to a routine.** Sticking to a routine allows your body to set its internal rhythm so you can get up at the time you want, consistently, every day.

2. **Sleep only at night.** Avoid daytime sleep if possible. Daytime naps steal hours from night-time slumber. Limit daytime sleep to 20-minute power naps.

3. **Exercise.** It's actually known to help you sleep better. Your body uses the sleep period to help your muscles and joints to recover from exercise. Twenty to thirty minutes of exercise every day can help you sleep, but be sure to exercise in the morning or afternoon. Exercise stimulates the body and aerobic activity before bedtime may make falling asleep more difficult.

4. **Take a bath.** Having a bath before bed helps bring on sleep because it can relax tense muscles. Adding a soothing bath oil can also help to relax and calm your mind.

5. **Avoid eating just before bed.** Give yourself at least 2 hours from when you eat to when you sleep. This allows for digestion to happen (or at least start) well before you go to sleep so your body can rest well during the night, rather than churning away your food.

6. **Avoid caffeine.** It keeps you awake and that's not what you want for a good night's sleep! Try a decaffeinated fruit tea or green tea instead.

7. **Avoid alcohol before bedtime.** It's a depressant; although it may make it easier to fall asleep, it causes you to wake up during the night. As alcohol is digested, your body goes into withdrawal from the alcohol causing night-time awakenings and nightmares for some people.

8. **Read a fiction book.** It takes you to a whole new world if you really get into it. And then you can take some time to ponder over the book as you fall asleep.

9. **Have the room slightly cooler.** Turn off the heat and allow the coolness to circulate in and out of the windows. It also saves on the bills as you're not going to require the heat all night long.

10. **Sleep in silence.** Sleeping with no music or TV on is more restful. Sleeping with no distractions is best for a clearer mind and more soothing dreams.

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