

## TOP TIPS

With our lives turned upside down, many of us are out of the routine we are used to. This can have a negative impact on our sleep so we wanted to share our...

### TOP TIPS FOR FALLING ASLEEP

Stick to your routine at bedtime - do the same things in the same order at the same time (and yes, that means at the weekend too!).

Avoid eating a large meal just before bed but don't go to bed hungry! A rumbling stomach can keep you awake!

Your room should be cool, dark and quiet. Ask your carers/parents for help with this if you need it.

Read a book or quietly listen to some music or the radio just before you sleep. This can help distract you if you have a busy mind full of thoughts!

Make sure you do some exercise during the day.

Try taking a warm (not hot!) bath or shower just before bed.

It's not easy, but put away your phone or tablet at bedtime. Some people charge their devices away from their bed to help them do this. The blue light from the screen can have a negative effect on your sleep.

Avoid drinks, like tea or some fizzy drinks, with lots of caffeine in them just before bed!

If you are feeling anxious and it is stopping you from falling asleep, some people find creating a 'to do list' or writing down their thoughts helpful. You could keep a notebook by your bed to do this.

