



Tips For Improved Sleep

Here are a few tips known to improve sleep quality

1. Adhere to a regular bedtime and wake up pattern daily
2. Your regular planned bedtime should be when you are sleepy.
3. Avoid daytime napping in case it disrupts night time sleepiness
4. Try to relax before bedtime (relaxation techniques)– avoid excessive activity, stimulants or stress-producing activities/thoughts
5. Maintain good sleep hygiene – your bedroom is for sleeping only
6. Avoid alcohol or smoking just before bedtime.
7. Maintain a healthy lifestyle, but avoid exercise before sleep.