

## Struggling to sleep?

Here are some tips to help

1. Have a hot shower or bath around 1-2 hours before bedtime as this will enhance sleep quality
2. Avoid blue light emitted from phones, tablets or monitors at least two hours before bed. Blue light suppresses melatonin, the sleep hormone which will affect sleep quality.
3. If you must use screens before bed turn on the blue light filter 2 hours before bedtime.
4. Try meditation whilst in bed. Headspace is a great and easy to use app.
5. Increase your melatonin levels naturally by eating certain foods such as: tart cherry juice, raspberries, goji berries, kiwi, walnuts, almonds and tomatoes.
6. High glycemic index foods at night will improve sleep as well as foods high in protein. Try to avoid fatty foods late at night.
7. Keep your room cool. Aim for between 16-20 degrees as this improve sleep quality. If need be, open your window to cool your room down before bedtime.
8. Read a book, either before or whilst you're in bed. This will give your eyes and brain a chance to take a break from screens.
9. Dim lights around the house on the lead up to bedtime. Aim for 2-3 hours before you wish to sleep.
10. Keep your room dark. Limit the amount of artificial or natural light coming into your room whilst you are trying to sleep.
11. Set an alarm to make sure you do not oversleep in the morning.
12. Avoid working out late in the evening or close to bedtime. The increase in body temperature and the stimulation from exercise will inhibit sleep quality.
13. Try and stick to the same bedtime routine each night so that your brain registers that it is time to sleep.