

5 TIPS FOR A BETTER NIGHT'S SLEEP

Adults need an average of 6-8 hours of sleep a night, but achieving that can be hard.

Try these tips to help you fall asleep - and stay asleep - to get you feeling energised and more rested.

1 SET A TIME

Establish a **regular time** for going to bed and getting up in the morning and stick to it even on weekends and during holidays.



2 SAY NO TO NAPS

You might feel tired, but try to avoid naps - especially in the evening. If you really can't avoid a little afternoon sleep, limit yourself to half an hour **only**.



3 EXERCISE EXERCISE EXERCISE

Exercise before dinner. A **low point** in energy occurs a few hours after exercise; sleep will then come more easily. If you exercise too close to bedtime, this may increase alertness.



4 HAVE A BATH

Take a hot bath about an hour and a half to two hours before bedtime. This alters the body's core temperature rhythm and helps people fall asleep more easily and more continuously. But **beware** - taking a bath too close to bedtime increases alertness.



5 DON'T GORGE YOURSELF

Eat **light meals** and schedule dinner four to five hours before bedtime. A light snack before bedtime can help sleep, but a large meal may have the opposite effect.



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