Getting good sleep

1 Keep regular wake and sleep times

Going to sleep and getting up each day at similar times helps to train your body to work on a schedule.

2 Create a bedtime routine

A familiar bedtime routine helps you wind down and get ready to sleep. Your routine could include:

- Reading a book
- A herbal tea
- A warm bath or shower

NOTE: Try to avoid looking at any screens during this routine as the bluelight can wake up your brain

3 A cozy, welcoming bedroom

An inviting bedroom can help you to sleep.
You could try:

- Keeping your room tidy and welcoming
- Making your bed each day
- Making sure there's no bright lights on nearby

4 Let your worries go

If there's things weighing on your mind, try writing down how you feel or make a to-do list for tomorrow.

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