

# Sleep Well

Health Improvement, Equality & Involvement

HSC Public Health Agency  
Project supported by the PHA

HSC Western Health and Social Care Trust

Practical ways you and your family can get a good night's sleep

Getting enough sleep is directly linked to your overall health and wellbeing. These Sleep Well tips aim to support practical ways for your family to get a good night's sleep.

**Avoid long naps in the afternoon.**

**Get enough natural daylight and physical activity, these are important for better sleep.**

**Don't eat food high in sugar or have a heavy meal close to bedtime and enjoy your caffeine before noon.**

**Unwind an hour before bedtime and keep your bedroom gadget free and make sure it is quiet, cosy and comfortable.**

Remember, having a consistent bedtime and morning routine strengthens your body clock.

Scan the QR code for more information.

