

# Sleep Well

## 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 you and 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. Keep your bedroom gadget free and make sure it is quiet, cool and dark.**

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

Scan the QR code below for more information.

