Tips For a Better Night's Sleep
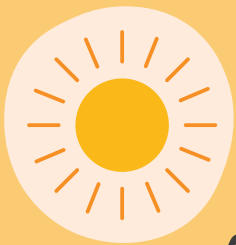
Be Consistent
Go to bed and get up at the same time every day.

Natural Light
Aim to get 30 minutes of natural light early in the day.

Bedroom Environment
Make your bedroom quiet, dark and cool.

Disconnect From Devices
Avoid electronics at least one or two hours before bed.

Avoid Large Meals, Caffeine and Alcohol
Give your body enough time to properly digest food before falling asleep.

Stretching and Meditation
Reduce the muscle tension and calm your mind.

HSC Western Health and Social Care Trust