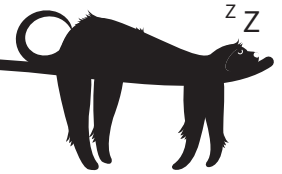


# How to sleep well



## The checklist

Set a regular bedtime and stick to it, give or take half an hour	
Exercise regularly during the day	
Have the right amount of sunlight exposure each day. At least 30 minutes early in the day	
Do not nap, especially after 3.00pm	
Complete your homework earlier in the evening, so you can relax in the evening	
Share your worries with someone you trust or keep a diary and write them down	
Avoid stimulants such as tea, coffee, chocolate, late food, alcohol, drugs and soft drinks with high caffeine levels	
Unwind in the evening by keeping the lights low	
Have good curtains that keep your bedroom dark. Keep the temperature of your bedroom cool	
Get your bedroom ready for bedtime. Tidy so it feels relaxing and make your bed so you're comfortable. Change your bed linen regularly and keep it fresh	
Plan something relaxing before you go to bed - a nice warm bath is great	
Avoid watching anything stimulating, scary or exciting before you go to bed	
Avoid using the phone, texting, playing computer games or watching TV or DVDs in bed or the hour before bedtime	
Try not to clock watch in bed, if you're struggling getting to sleep, try a relaxation technique	
If you must have sound in the background, play something soft and relaxing like natural sounds or gentle music	