

# HOW ARE YOU?

For more help on becoming a healthier you:  
email: [wellbeing@portsmouthcc.gov.uk](mailto:wellbeing@portsmouthcc.gov.uk)  
call: **023 9229 4001**  
or search **One You** on [portsmouth.gov.uk](http://portsmouth.gov.uk)

**ONE YOU PORTSMOUTH**

# TOP 10 TIPS FOR A GOOD NIGHT'S **SLEEP**

1. Set a specific time for getting up each day
2. Don't take a daytime nap as they can disrupt your body clock and make you feel less tired at bedtime
3. Take daily exercise - such as 30 minutes walking
4. Try not to eat a large meal before bedtime or have drinks containing caffeine a few hours before, as these can keep you awake (e.g. coffee, tea, cola and energy drinks)
5. Avoid stimulants like drinking alcohol and smoking just before bedtime
6. Don't use back-lit devices (e.g. TV, phones, iPad, tablets or computers) before going to bed
7. Create a relaxing bedtime routine such as having a bath, a hot milky drink or listening to relaxing music
8. Avoid regular over-the-counter sleeping tablets as they don't tackle the underlying problem
9. Don't lie in bed feeling anxious about lack of sleep, instead get up, go to another room for 20 minutes - avoid watching the clock
10. Use thick blinds/curtains or wear an eye mask to block out light and make sure your room is the right temperature