



## Trouble Sleeping? How to Sleep Well

### Sleep Routine

- Get up in the morning at the same time every day, even at the weekends. A regular wake time helps regulate your biological clock, which will help you fall asleep at night.
- Lengthy or late naps can disrupt sleep at night. If you feel as though you really need a nap during the day, try a single 20-30 minute 'power nap' before 4pm.
- Protect the last hour before bed for relaxing, restful activities.
- Keep a pen and paper next to your bed. If thoughts are whizzing through your head, write them down so that you can let them go until the next day.

### Lifestyle

- Replace caffeine with water or de-caffeinated drinks after lunch. Caffeine is found in tea, coffee, chocolate bars, and most soft drinks.
- Alcohol in the evening is best avoided. It might help you fall asleep initially, but it makes your sleep more fragmented, and less restorative over all.
- Nicotine disturbs sleep. Avoid smoking in the late evening or during the night.
- Regular exercise helps to deepen sleep and promote sleepiness. However, avoid intense exercise close to bedtime as this can reduce your ability to wind down before bed.

### Sleep Environment

- Is your room too warm? A cooler bedroom, around 18C, will help you sleep.
- Light promotes wakefulness. Keep your bedroom as dark as you can for sleeping, or if this is difficult, try an eye mask.
- Create a strong sleep-bed connection by using your bedroom only for sleep, and intimacy; avoid watching TV or working in your bedroom if you can.
- If you feel frustrated about not getting to sleep, leave the bedroom and do something relaxing. Try reading in dim light or listening to calming music until you feel sleepy.

For more help with your sleep, try Sleepio, the online sleep improvement programme. Sleepio is clinically proven to help you fall asleep faster and stay asleep through the night.

Londoners can access Sleepio for free via Good Thinking  
[www.good-thinking.uk/sleepio](http://www.good-thinking.uk/sleepio)