

Stick to a regular bedtime + / – half an hour

Exercise every day

Get outdoors in daylight for half an hour

No napping or snoozing after noon

Get tasks finished early on leaving time to relax

Talk about any worries with someone or write in a diary

Skip caffeine, chocolate, alcohol or other stimulants

Relax with dimmed lighting

Good blackout curtains and a cool room help

A tidy bedroom and comfy fresh bedding help relaxation

Try a relaxing bath to unwind

Avoid exciting or scary programmes

Turn off phones, tablets, consoles 1 hour before bed

Try breathing and relaxation techniques

If you need sound play something soft and relaxing