

HOW TO PLAN FOR A BETTER NIGHT'S SLEEP



Different people need different amounts of sleep. Try our Herts Summer Sleep Challenge to understand how much sleep you actually need.

TAKE TIME TO RELAX

Carry out some body-based relaxation exercises to try and calm your body down before bed. Use an app like Headspace or search the internet for 'short breathing exercises' – it helps to practice these in the daytime so you can do them without the need of your phone at night.

STICK TO A ROUTINE

Try to sleep and wake up at the same time every day (even at weekends). Avoid regular, long lie-ins as they can make it harder to fall asleep at night.

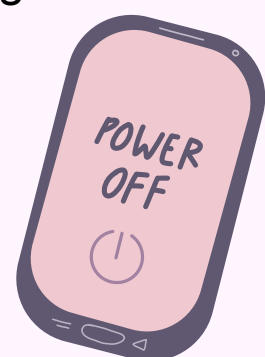


PREPARE IN ADVANCE

Get as much natural light as possible in the daytime, especially in the morning. If you can add some exercise as well, that might help. Make your bedroom as dark, quiet, tidy and cool as possible.

CUT BACK ON SCREEN TIME

Turn the brightness down on any screens in the evening and stop using your phone or tablet at least an hour before bed. Having your phone next to your bed overnight can disrupt your sleep quality. A notification might trigger you to wake up. It is best to have no screen devices in your bedroom at night.



MAKING SMALL, CONSISTENT CHANGES TO YOUR SLEEP ROUTINE AND HABITS CAN MAKE A BIG DIFFERENCE.