



# PREPARING YOUR SPACE FOR A GOOD NIGHT'S SLEEP



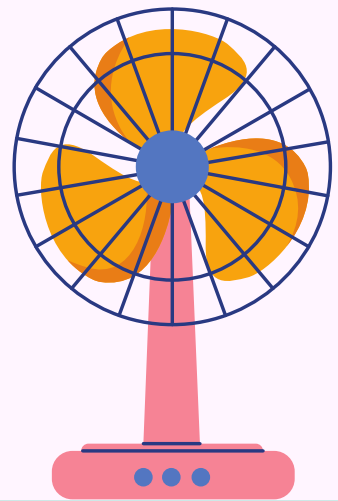
Use these tips to help create a relaxing environment, which can help you get off to sleep.

## CHARGE YOUR PHONE IN ANOTHER ROOM

If you briefly wake up, look at your phone, and settle back to sleep (sometimes without remembering that you have), that brief pulse of light can affect the quality of the sleep you get afterwards.

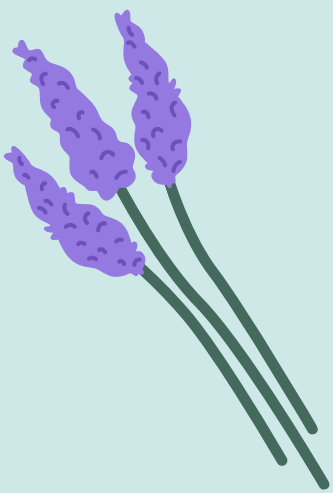
## KEEP COOL

Some people struggle to sleep when it's warm. Using fans can have a double benefit. As well as helping you feel cool (the ideal sleeping temperature is 16-18C), the rhythmic noise acts as white noise.



## USE RELAXING FRAGRANCE

Lavender or bergamot essential oil (placed on some cotton wool in a cup by the bedside and removed in the morning) are smells people often associate with sleep. Lavender also helps some people to relax at the end of the day, which can help with getting to sleep.



## CHOOSE THE RIGHT LIGHTING

If you need a light in the bedroom overnight, a red lightbulb is better (as the red spectrum of light does not interfere as much with melatonin, the hormone that helps us sleep), but the most important thing is for it not to be too bright.

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

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