

## **Making sure you get enough sleep**

- **Commit to a bedtime routine that you can realistically stick to.**
- **Discipline yourself to remove / turn-off anything that may interrupt your sleep.**
- **Ask your friends not to phone or text you after an agreed time.**
- **Have a warm/ hot shower before you go to bed.**
- **Avoid strenuous exercise in the last one or two hours before you go to sleep.**
- **Make a hot Milo, chocolate or chamomile tea or something similar. DO NOT drink coffee or any other stimulant drink before you go to bed.**
- **Try doing something that helps you to relax - reading, listening to quiet music or relaxation exercises. Incorporate that into your sleep ritual.**
- **Go to bed thirty minutes before you want to go to sleep and focus on one of these quiet activities to prepare you.**
- **Take responsibility for getting yourself out of bed in the morning. Give yourself a 5-minute 'wake up' time to fully become alert.**