10 tips for better sleep

Keep regular hours

Take more exercise

Reduce caffeine intake

Write down worries on your to-do list

Turn off gadgets

Invest in a comfortable, supportive bed

Relax properly before going to bed

Don't over-indulge on food and alcohol

The Sleep Council

Helping you get a better night's sleep

www.sleepcouncil.org.uk

Keep the bedroom quiet and dark

Make sure your bedroom isn't too hot or too cold