

TOP TIPS FOR SLEEP

- Get lots of fresh air and exercise during the day as this will help make you feel tired at bedtime
- After dinner, have some chill out time. Avoid watching TV and using electronic devices though as this wakes your brain up, and you want to be sending it 'sleepy signals'
 - Try a bedtime story to help you relax before you fall asleep
 - Dim the lights in your room to make it darker
 - Listen to some calming music
 - Have a warm relaxing bath
- Enjoy a warm milky drink. Make sure you avoid fizzy drinks and caffeine though, ... and don't forget to clean your teeth before bed!
- Get your body into a bedtime routine which is always the same and happens at about the same time every night