

# HEALTHY SLEEP HABITS FOR ALL OUR MOB

## Steps to your deep dreaming so you wake up feeling dead

Following these tips can help improve your sleep.  
Remember to yarn with your GP if you are having sleep troubles.

### DAYTIME THINGS TO HELP YOU SLEEP

Exercise regularly



Eat healthy foods



No naps after 3pm



Track your sleep



### WINDING DOWN IN THE EVENING

Avoid caffeine, sugar, and smoking/vaping near bedtime



Avoid alcohol near bedtime



Use your bed only for sleep and intimacy



Keep a healthy sleep routine



### GETTING READY FOR BED

Set your alarm



Have a shower or bath



Create a sleep-friendly environment and block out light



If you can't fall asleep keep trying



It's normal to have difficulty falling or staying asleep every now and then.  
But see your GP if you are having ongoing trouble sleeping.