**Actions to Achieve Better Sleep**

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| **During the Day** | **Before Bed** | **The Bedroom** | **In Bed** |
| For most individuals, get as much natural morning light as possible. The timed use of light boxes can also help regulate sleep | Reduce light levels approx. 30 min. before bedtime | Not too warm (18 - 22˚C) | Try to keep a routine – go to bed and get up at the same time each day |
| If you nap ensure it is not longer than 20 min. and not within 6 hours of bedtime | Stop using electronic devices approx. 30 min. before bedtime | Keep it quiet, or use “white noise” or a relaxing sound such as the sea | Ensure the bed is large enough with a good mattress and pillows |
| Exercise - but not too close to bedtime | Ideally avoid prescription sedatives | Keep it dark. Use black-out curtains | Keep bedside lights low |
| Concentrate food intake to the first and middle parts of the day | Don’t use alcohol, antihistamines or other peoples’ sedatives | Remove TV, computers/tablets, smart phones | Consider using relaxing oils – especially if away from home |
| Avoid excessive consumption of caffeine rich drinks especially in the afternoon | Avoid the discussion or consideration of stressful topics immediately before bed | Don’t “clock watch”. Consider removing an illuminated clock | Ear plugs - if your partner snores. Ensure snoring is not due to sleep apnoea |
| Make time to step back from stressful situations – don’t let stress accumulate | Adopt behaviours that relax you, listening to music, reading, mindfulness or a relaxing bath can be useful | Don’t obsess about sleep apps - most provide inaccurate information | If you wake stay calm: consider leaving the bed, keep the lights low and find a relaxing activity, then return to bed when you feel tire |
| Above all - define what works best for you and stick to your routine |

(Foster, 2020)