

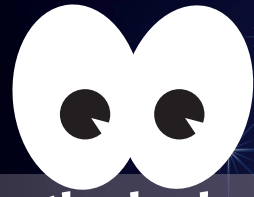
# 10 tips for better sleep



**Keep regular hours**



**Take more exercise**



**Keep the bedroom quiet and dark**



**Reduce caffeine intake**



**Write down worries on your to-do list**



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



**Turn off gadgets**



**Don't over-indulge on food and alcohol**



**Invest in a comfortable, supportive bed**



**Relax properly before going to bed**



**The Sleep Council**

*Helping you get a better night's sleep*  
[www.sleepcouncil.org.uk](http://www.sleepcouncil.org.uk)

