

# WHERE DO I START?



# SLEEP

## ENVIRONMENT

Your bedroom needs to be dark, quiet, and cool.

## CONSISTENCY

Your brain likes routine - try to go to bed and get up around the same times every day.

## ROUTINE

Create an 'off-ramp' to help you to wind down and relax.

## DITCH THE TECH

Avoid the blue light from phones, laptops, TVs, and tablets in the hour before bed. Switch to books, pen and paper.

## FOOD & DRINK

Eating a heavy meal late in the evening, or consuming sugar, caffeine, and alcohol all interfere with sleep quality.

## EXERCISE

Vigorous exercise performed in the evening can interfere with your body's ability to downshift at bedtime.

## RELAX

If it's on your mind, write it down. Deep slow breaths (in for 1 count/out for 2 counts) can aid relaxation.

