


Helpful habits

Improve your bedtime routine

Turn off your screens and relax without technology for a better night's sleep. Practice these steps at least half an hour before you go to bed to help you feel ready for sleep.

 Remember you don't have to try it, and you can stop at any time.

Step 1

Put your phone on silent and put it somewhere you can't easily reach or notice it.

Step 2

Turn off any other technology (e.g. laptop or TV). This is because the lights on screens such as phones can activate the brain, which isn't helpful when you're trying to switch off before bed time.

Step 3

Spend at least half an hour doing something relaxing that is screen-free. For example - reading a book, doing some light stretches or having a warm bath.

Step 4

Notice how you feel as you get into bed. Are there any changes to your thoughts, feelings or the way you feel in your body?