

# Sleep Well Programme



A Patient's Guide

PART 5

## Practical Ways to Improve Your Sleep

### Simple Steps for Better Sleep

Just pick one–two changes to start with  
Track your sleep for one week

Small changes can make a big difference.

#### Try these:

1. Keep a routine
  - 🌙 Go to bed and wake up at the same time every day
2. Create a calm bedtime routine
  - 🌙 Reading, music, relaxation
3. Limit screens
  - 🌙 Avoid phones, tablets, TV for one hour before bed
4. Watch what you drink
  - 🌙 Avoid caffeine after midday
  - 🌙 Reduce alcohol
5. Make your bedroom sleep-friendly
  - 🌙 Cool, dark, quiet
6. Don't lie awake worrying
  - 🌙 If you can't sleep, get up and do something calm

#### Important:

- 🌙 Many people try these but don't stick with them long enough
- 🌙 It may take a few weeks to see improvement

Take home message

Consistency is key—good sleep habits take time but work.

