

How to Sleep Better



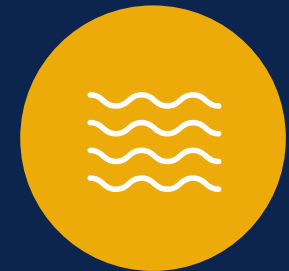
Your body and mind will be more receptive to sleep if you've spent your evening relaxing – or doing something you enjoy – rather than late night working

Lay off the booze and caffeine if you're struggling with your sleep: a cup of camomile is far more effective for a good night's rest



Make time for a warm bath in the evening, using calming scents like lavender

Using sleeps aids – such as pillow spray, pulse point oils and aromatherapy inhalers – helps to create an atmosphere of calm



Write out your thoughts, feelings and to-dos before bed, to clear your mind for sleep

Make sure your room is cool, dark and quiet before climbing into bed



Try to limit how much screen time you have in the evening, as it can really mess with your sleep patterns

If you struggle to limit screen use at night, have a 'book buffer' (sit in bed reading an actual, physical, non-screen book) before you try to settle down



Don't go to bed before you're actually tired, otherwise you'll make yourself anxious about not drifting off, and it'll stave off sleep for longer

Make sure your bed is comfy and supportive, and you have the right pillows for the position you tend to sleep in

