

# Sleep

Tips to improve your sleep.

- ▶ Without a good night's sleep, it can be hard to function properly. Poor sleep can make you feel tired and grumpy. The good news is there are things you can do to improve your sleep by making a few changes to your daily routine and habits.



## Set your body clock



- Go to bed and get up at the same time each day, including weekends.
- Keep your daytime routine the same, even if you've had a poor night's sleep.
- Get out into bright light as soon as you wake up – light regulates your body clock.

## Wind down at bedtime

- Relax before going to bed; try reading, having a bath or listening to music.
- Make your bedroom dark, cool and quiet and ensure that your bed is comfortable.
- Don't go to bed hungry. Drinking a warm glass of milk before bed may be helpful.
- Avoid heavy meals within 2 hours of bedtime as this can interrupt sleep.

## Keep your evenings stimulant-free



- Don't drink any caffeinated drinks within 6 hours of going to bed.
- Avoid smoking and drinking alcohol 2 hours before going to bed.
- Avoid using your computer, mobile phone and other electronic devices at least 30 minutes before going to bed.

## Go to bed when you're tired



- If you go to bed at the same time each night, you should start to feel sleepy at bedtime.
- If you're awake after 20 minutes, get up and do something relaxing in another room.
- If you have things on your mind, write them down. Keep a pen and paper by your bed.

## Be active in the day



- Regular daytime exercise improves sleep.
- Avoid strenuous exercise within 3 hours of going to bed.

If you want to make some changes, you could try using the sleep tips tracker to keep a record of the things you are doing.

If you have ongoing sleeping problems, see your doctor for advice. There are treatments available.



Learn more at:  
[hn.org.nz/sleep](https://hn.org.nz/sleep)



# Sleep tips tracker



## To help you get a better night's sleep

Having difficulty sleeping? There are lots of things you can do to help get a better night's sleep. Use this form to record the things you are doing – remember the more of these you do, the more likely you are to get a good night's sleep.

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Did some exercise during the day							
Avoided napping during the day							
No caffeine within 6 hours of going to bed							
No physical exercise within 3 hours of going to bed							
No alcohol within 2 hours of going to bed							
No smoking within 2 hours of going to bed							
No heavy meals within 2 hours of going to bed							
No computer, mobile phones or other electronic device 30 minutes before going to bed							
Didn't go to bed hungry							
Relaxed before bedtime							
Put pen and paper by my bedside so I could write down things on my mind							
Set a bedtime routine and went to bed on time							
Got out of bed when awake in the night for more than 20 minutes							
Woke up on time							
Rate 1 - 10 how good your sleep was							