

1

Adopt a wind down routine



3

Honour your circadian rhythm (in bed early and up with the sunrise)

Aim for 7-8 hours of sleep

2



Minimise exposure to blue light

4



5

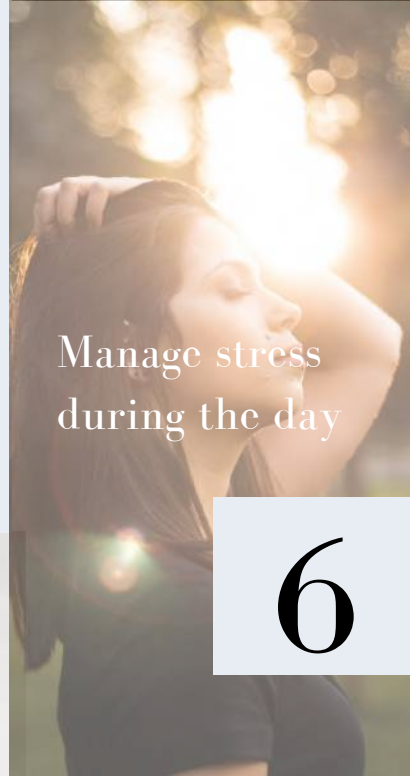
Prioritise more sleep before midnight



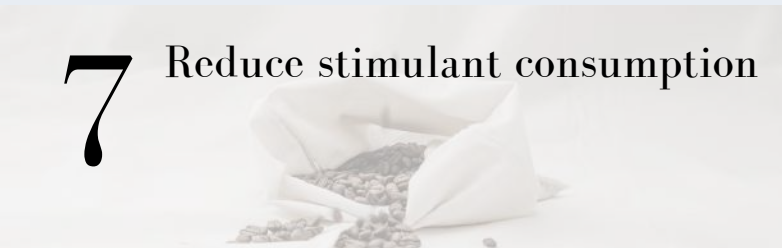
TEN WAYS TO SLEEP BETTER

Manage stress during the day

6



7 Reduce stimulant consumption



8

Avoid stimulants after midday



9

Take magnesium before bed



Keep the bedroom cool and dark

10

