

## TIPS FOR GETTING A GOOD NIGHT'S SLEEP.....ZZZZZZ

|                                                                                     |                                                                                                                                                                                            |
|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|    | Sleep is important so your mind and body can rest after a big day.                                                                                                                         |
|    | Everyone has trouble sleeping sometimes. Don't worry, these tips can help you sleep better.                                                                                                |
|    | Try not to eat too close to bed time – wait half an hour after eating, before you go to bed.                                                                                               |
|    | Sugary drinks like cola will keep you awake – try not to have them in the afternoon and evening.                                                                                           |
|    | You will sleep best if your room or bed are not too hot or too cold.                                                                                                                       |
|   | Get some fresh air, sunshine, and exercise – it can be anything!                                                                                                                           |
|  | A warm bath or shower just before bed helps you to relax.                                                                                                                                  |
|  | A warm milk drink before bed helps you to relax - if you like it!                                                                                                                          |
|  | Go to bed at the same time each night - it really helps.                                                                                                                                   |
|  | Go to the toilet just before bed – you are less likely to wake up.                                                                                                                         |
|  | You need a break from TV, Phone or Tablet at least half an hour before bed to help your brain get ready for sleep.<br>Try reading a book, listen to music, or play with your toys instead. |
|  | Make the room darker with curtains or a blind. Use a night light if you want to.                                                                                                           |
|  | A soft toy or cuddly bear to snuggle can help you to relax.                                                                                                                                |