

Top tips to get to sleep and sleep better



Keep regular sleep hours

Going to bed when you feel tired and getting up at roughly the same time helps teach your body to sleep better. Try to avoid napping where possible.



Confront sleeplessness

If you are lying awake unable to sleep, do not force it.

Get up and do something relaxing for a bit, and return to bed when you feel sleepier.



Create a restful environment

Dark, quiet and cool environments generally make it easier to fall asleep and stay asleep.

Watch our video for tips on how to sleep better. [Video: Tips for sleeping better](#)



Write down your worries

If you often lie awake worrying about tomorrow, set aside time before bed to make a list for the next day. This can help put your mind at rest.

[Video: Tackle your worries](#)



Move more, sleep better

Being active can help you sleep better.

These videos can get you going, but remember to avoid vigorous activity near bedtime if it affects your sleep.

[Better Health: Home workout videos](#)



Put down the pick-me-ups

Caffeine and alcohol can stop you falling asleep and prevent deep sleep.

Try to cut down on alcohol and avoid caffeine close to bedtime.