

Sleeping Tips

No one enjoys being tired, but sometimes it can be hard to fall asleep. Here are some tips to help you sleep better.



Try to wake up at the same time each morning.

Try to get some exercise outside during the day.



Pick a time during the day to problem solve. Worrying before bed can keep you awake.

Avoid alcohol and cigarettes, and caffeine after 4 pm.



Stop working or studying at least 30 minutes before bed. You need time to relax and wind down.

No screens right before bed. That means no phones, TVs, computers or video games.

