



WHAT'S STOPPING YOU SLEEPING?

- Blue light from electronic devices. For more information, scan the QR code



- Uncomfortable bedding

- Use of alcohol and drugs

- Too much light in your room

- Consuming caffeine before bed. Find out the food and drinks that contain caffeine



WHAT CAN YOU DO?

- Make sure you have a relaxing bedtime routine

- Limit the amount of screen time you have in the hour before bed

- Make your room dark and quiet when you sleep

- Complete a sleep diary to monitor what is impacting your sleep

SCAN ME

