



5 SLEEP TIPS TO GETTING A BETTER NIGHTS SLEEP

We all sleep. We all need sleep. Sleep is a well-recognised component of our health yet some of us don't seem to be able to get enough. Take a read at our top 5 tips on getting a better nights sleep.

1. Have a regular sleep pattern.

Try to go to bed at around the same time every day and get up at around the same time if you can. Improved sleep will not happen as soon as changes are made. But if good sleep habits are maintained, sleep will certainly get better.

2. Spend the right amount of time in bed. Most adults need about 7 to 8 hours sleep every 24 hour period. Some require more and some less. Many poor sleepers spend much more than 8 hours in bed and this makes fragmented sleep a habit.

3. Bed is for sleeping, not entertainment.

Hand-held electronic devices (e.g., smartphones) and other distractions can interfere with your sleep.

4. Wind down and relax before going to bed. Have a buffer zone before bedtime. Sort out any problems well before going to bed.

5. Make sure your bedroom is comfortable. You should have a quiet, dark room with comfortable bedding and good temperature control.

Routine along with following some, if not all of these tips can help you get the best out of your shut eye. For more tips of getting the best nights sleep please see our Tip sheet from March.

Still struggling? Converge International has a range of experts who can help you with your sleep by calling **1300 687 327** or visitng our website to book an appointment **www.convergeinternational.com.au**

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INFORMATION

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