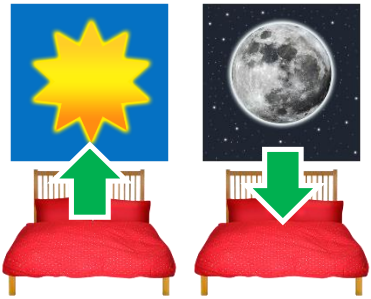# To help you sleep at night

Do

- go to bed and wake up at the same time every day – only go to bed when you feel tired

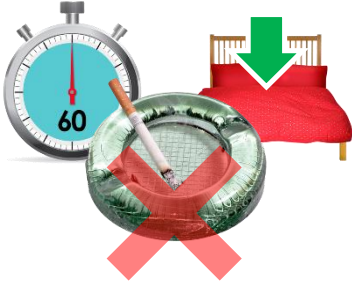- relax at least **1 hour** before bed – for example, take a bath

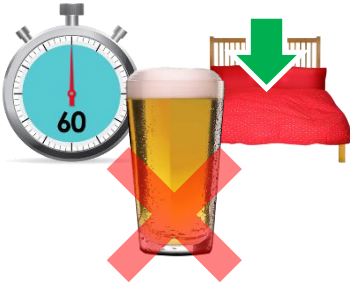- make sure your bedroom is dark and quiet

- exercise regularly during the day

Don't

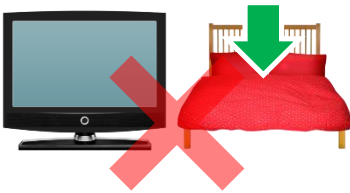- smoke **1 hour** before going to bed

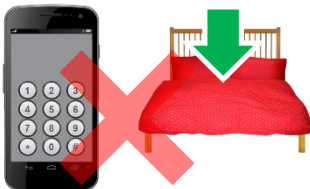- drink alcohol **1 hour** before going to bed

- drink coffee at least **6 hours** before going to bed

- eat a big meal late at night

- watch TV straight before going to bed

- use your mobile phone at bedtime - the bright light makes you more awake. Set your phone to **Night Shift** or **Blue Light Filter** if you want to use it at night.

- take naps during the day