NO MORE COUNTING SHEEP

SLEEP WELL

GET THE GOOD SLEEP HABIT IN 30 DAYS

Start With An Easy Bedtime Routine

What you do before snuggling down for the night directly affects the quality of your sleep. Turn bad habits into good ones by creating a simple bedtime routine.

How To Create Your Bedtime Routine

There are lots of things you can do to ease yourself into a restful state at bedtime. Check out some of our suggestions below and our social media pages @sleepwellmilk for more.

Now Turn Your Routine Into A Habit

If you do the same thing every day for 30 days, it soon becomes a habit. Use our handy sleep tracker to stay on course for sleeping well. Download it at www.sleepwellmilk.com

Set a time for bed	**Get ready for tomorrow**	**Switch off tech**
Work out when to start winding down. Count back 8 hours from when you want to wake up, then start your bedtime routine 45 minutes before that.	Get everything you're going to need for tomorrow ready tonight. Your bag. Your lunchbox. Whatever it is that will make your morning routine more relaxed.	Switch off all tech. Anything that emits blue light that's going to delay your body from releasing the sleepy hormone melatonin, including TV, laptop and phone.
Have a warm milky drink	**Write a journal**	**Turn the lights down**
Drink warm milk before bed. The tryptophan in milk produces the happy chemical serotonin in your brain that boosts health and wellbeing and helps regulate your body's sleep-wake-cycle.	Think about your day and take a few moments to reflect on the positive. Practising gratitude regularly helps you feel more optimistic, satisfied with your life and enjoy better physical health.	Make your room as dark as possible. Invest in some blackout blinds, a sleep mask and low level lighting to give your brain maximum cues it's night and time for sleep.

For more inspiration follow @sleepwellmilk on social media or visit our Sleep Zone at www.sleepwellmilk.com

#sleepwell #bedtimehabit

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