

# **Bristol Child Parent Support**

## **10 Habits**

### **to Ensure A Good Nights Sleep**

1. Fix a bedtime and an awakening time. If you are in the habit of taking naps, do not exceed 45 minutes of daytime sleep.
2. Avoid excessive alcohol ingestion 4 hours before bedtime and do not smoke.
3. Avoid caffeine 6 hours before bedtime. This includes coffee, tea and many energy drinks, as well as chocolate.
4. Avoid heavy, spicy, or sugary foods 4 hours before bedtime. A light snack before bed is acceptable.
5. Exercise regularly, but not right before bed.
6. Avoid Screens an hour before bedtime.
7. Find a comfortable temperature setting for sleeping and keep the room well ventilated. (50 to 70 degrees Fahrenheit or 18 to 21 degrees Celsius).
8. Block out all distracting noise and eliminate as much light as possible.
9. Reserve the bed for sleep and sex. Don't use the bed as an office, workroom or recreation room.
10. Go outdoors especially in the morning this stimulates melatonin.

Reference: World Sleep Day