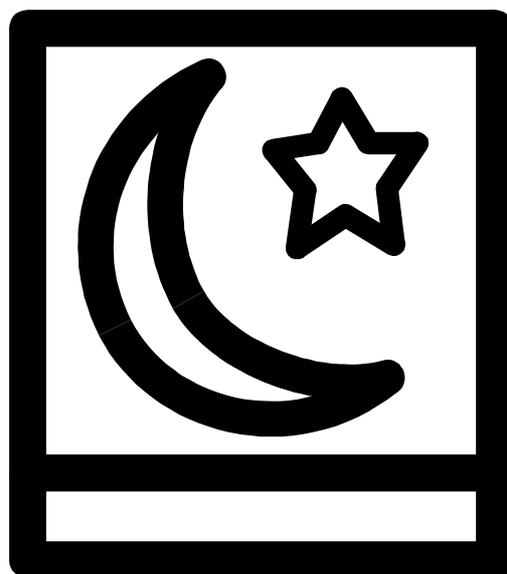
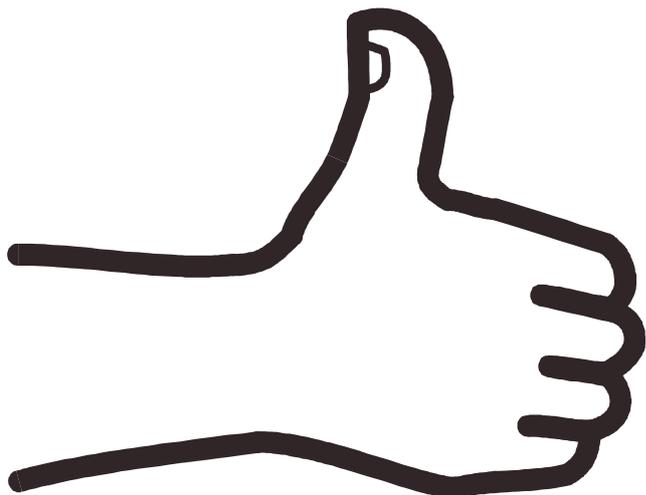
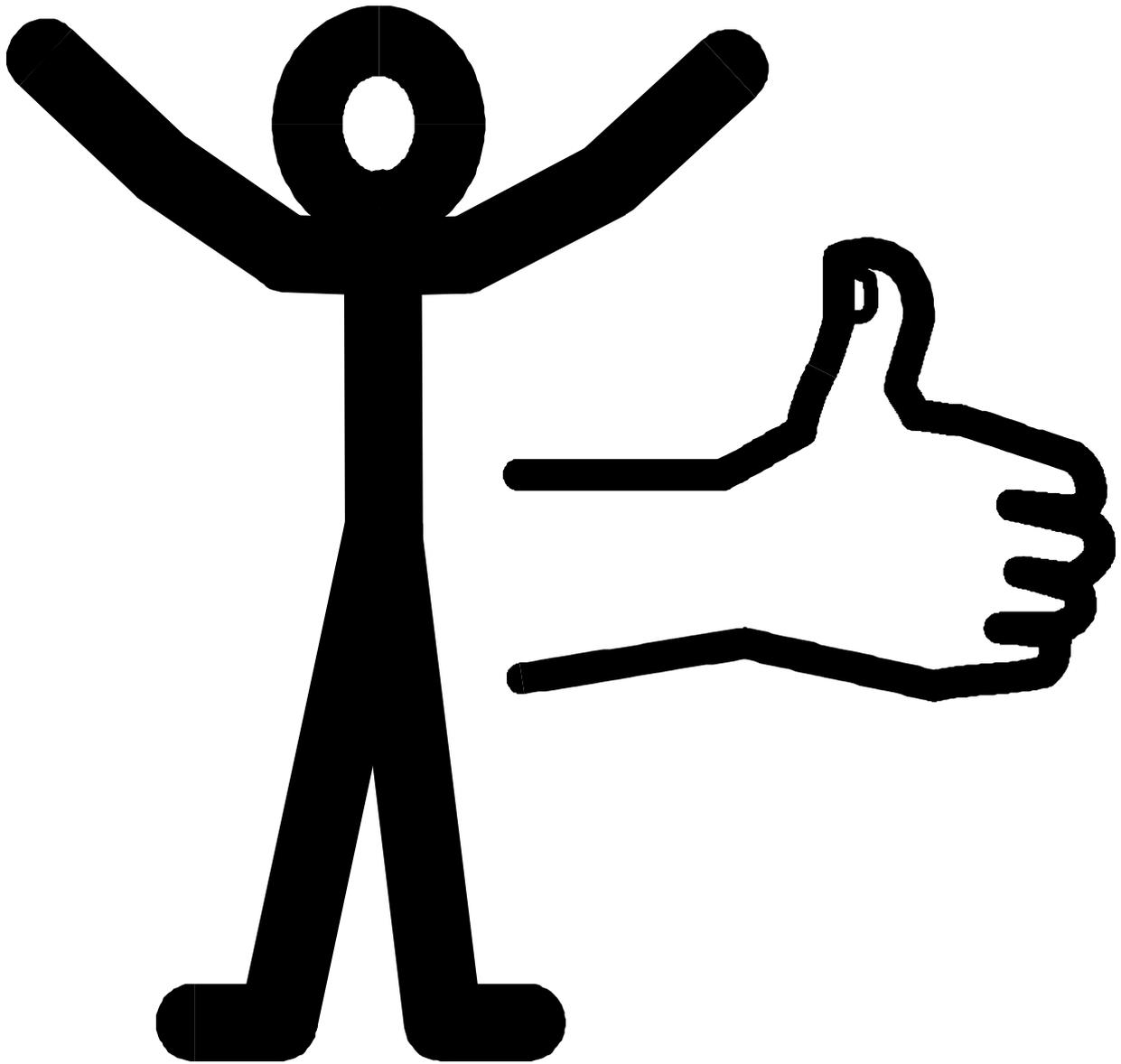


**Sleeping Well**



It is important we sleep well.



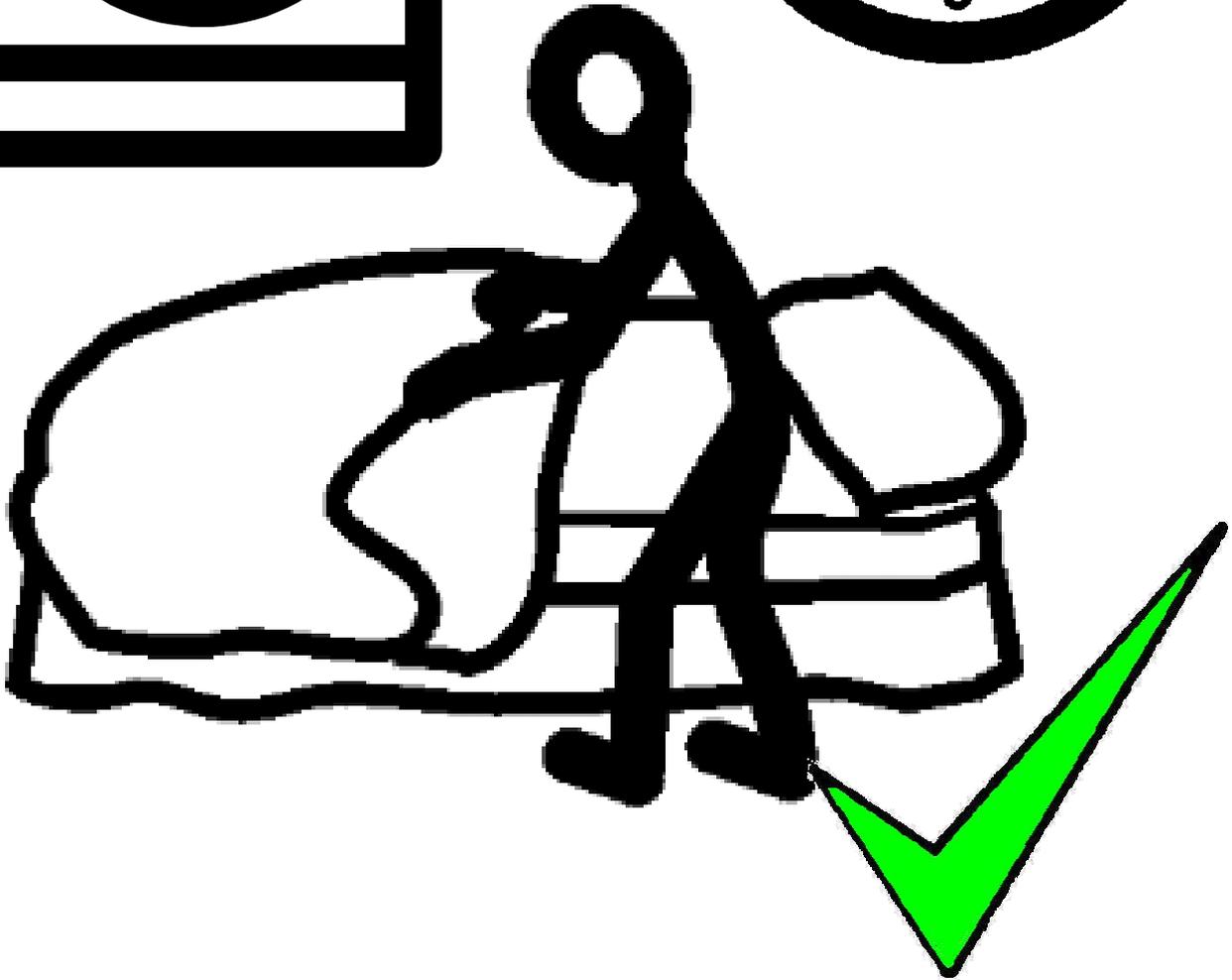
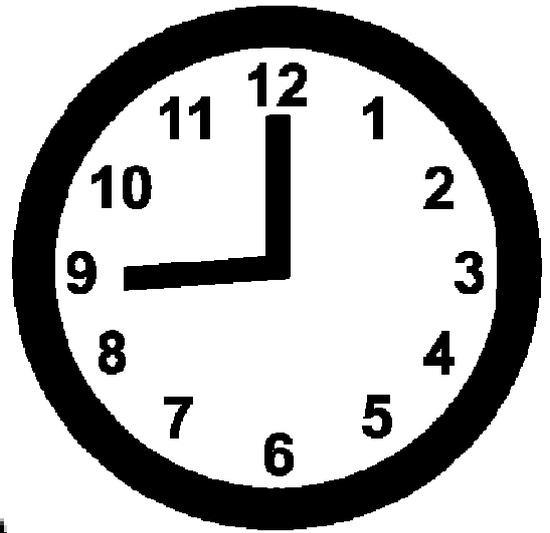
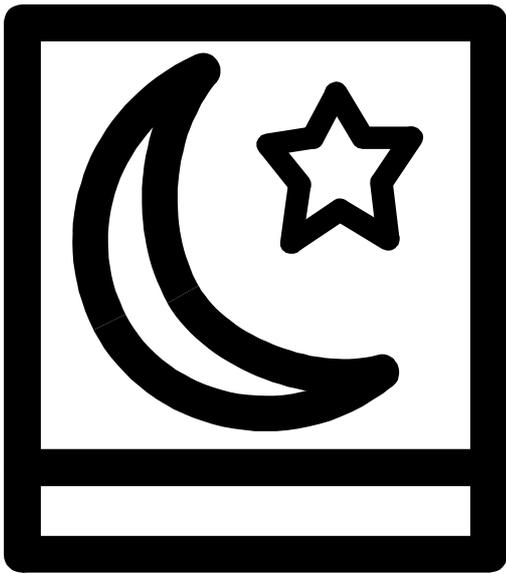
When we sleep well, our body has time to look after itself.



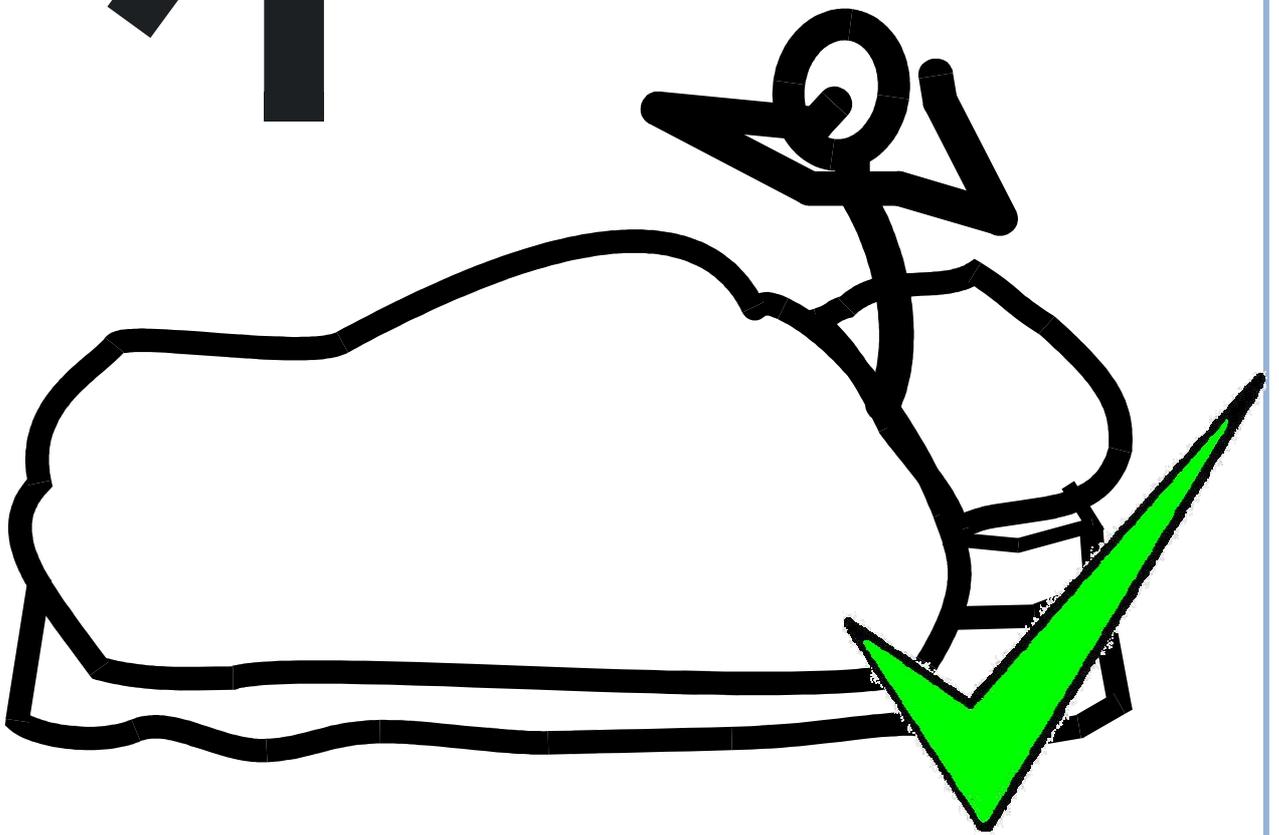
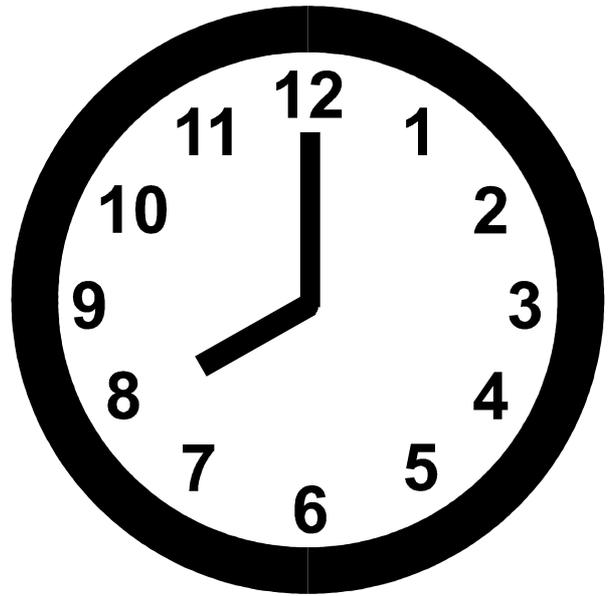
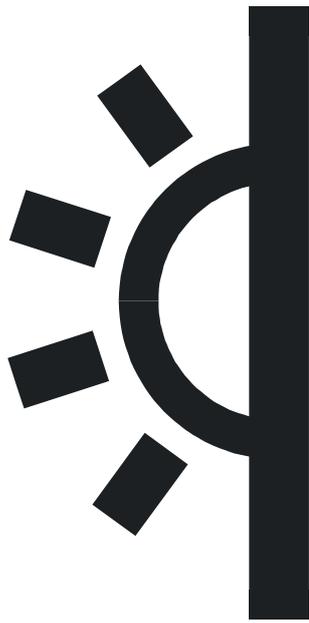
If you do not sleep well, you  
can feel ill.



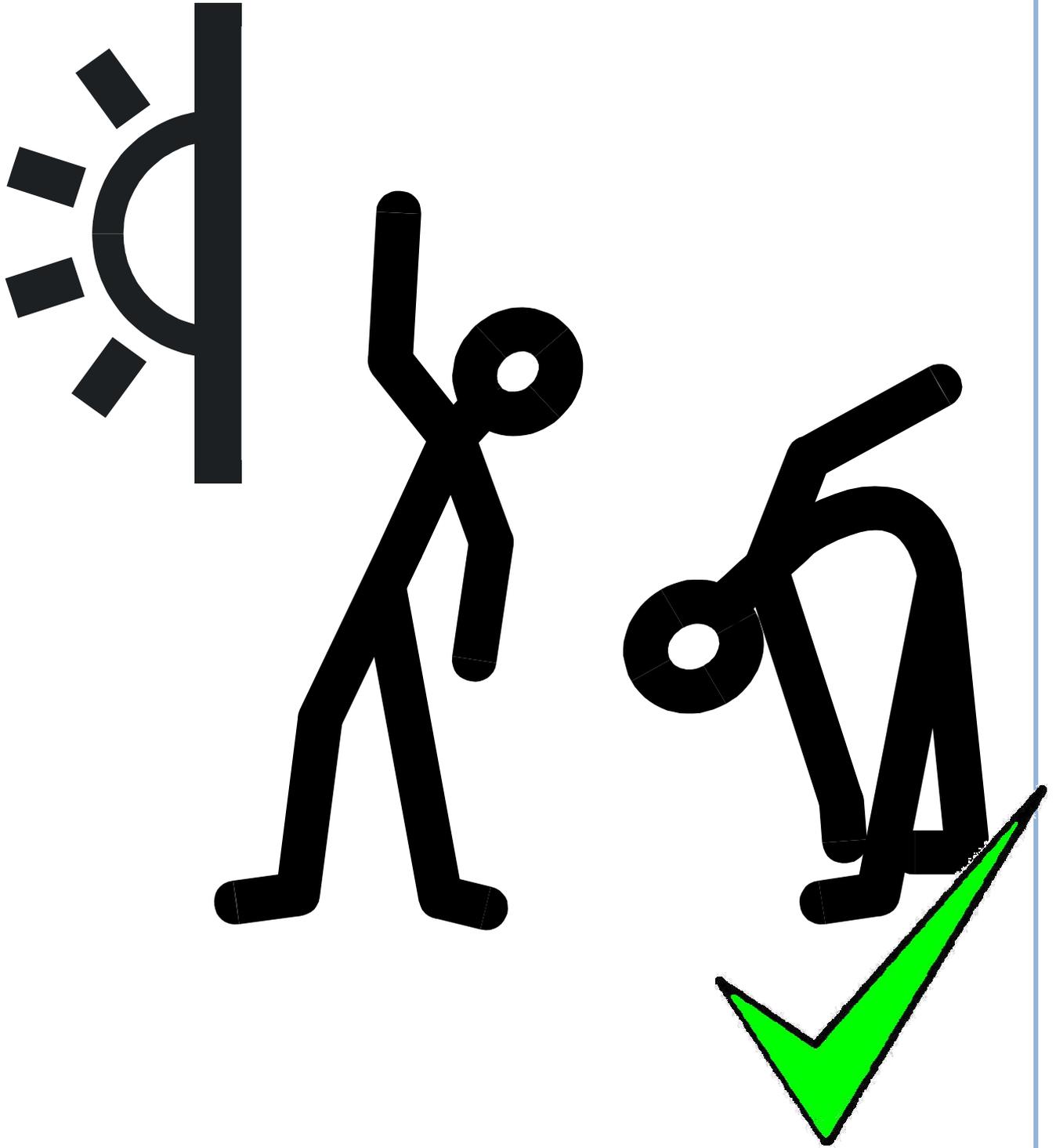
There are things we can do  
to help us sleep well.



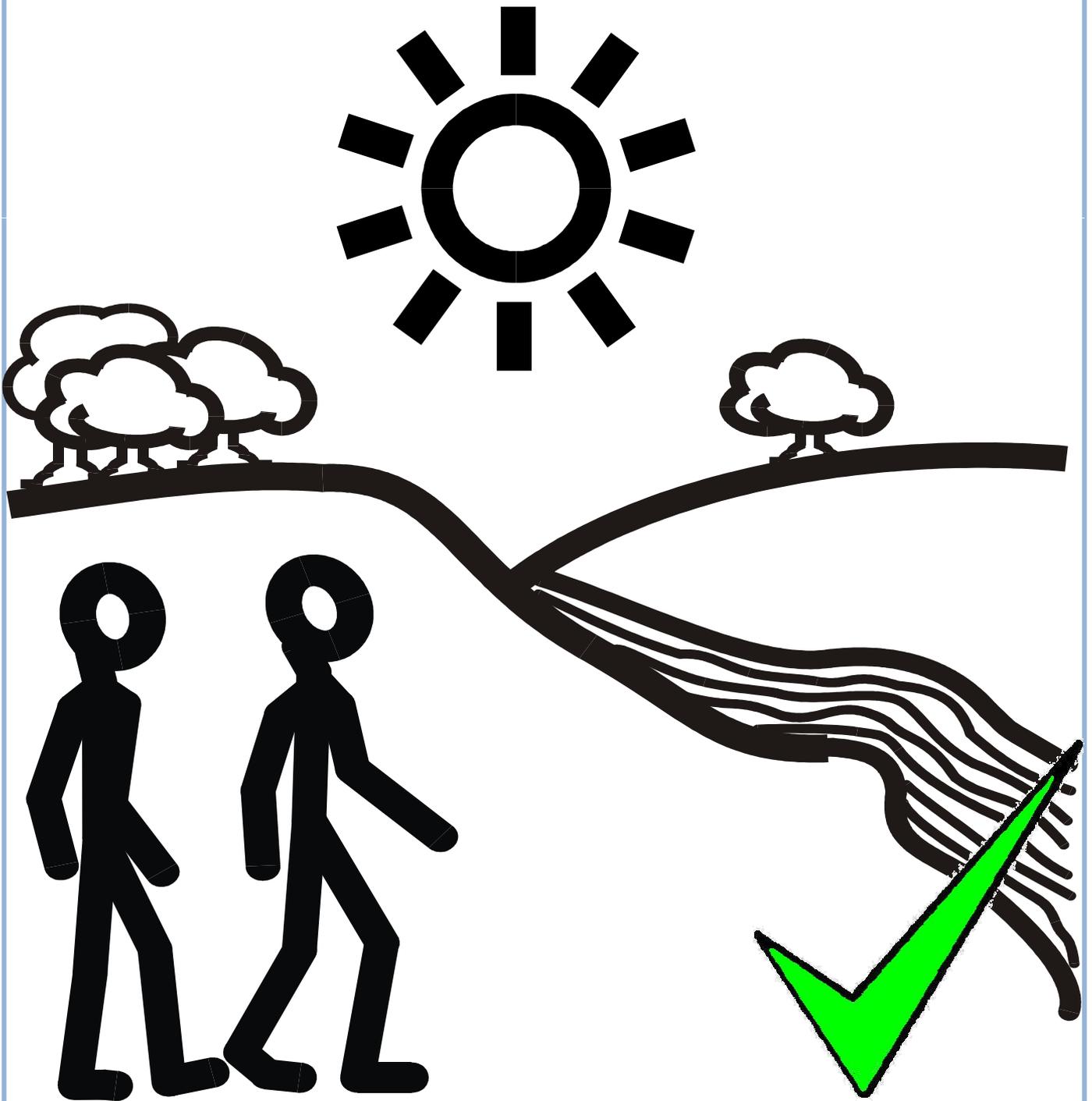
Go to bed at the same time  
every night.



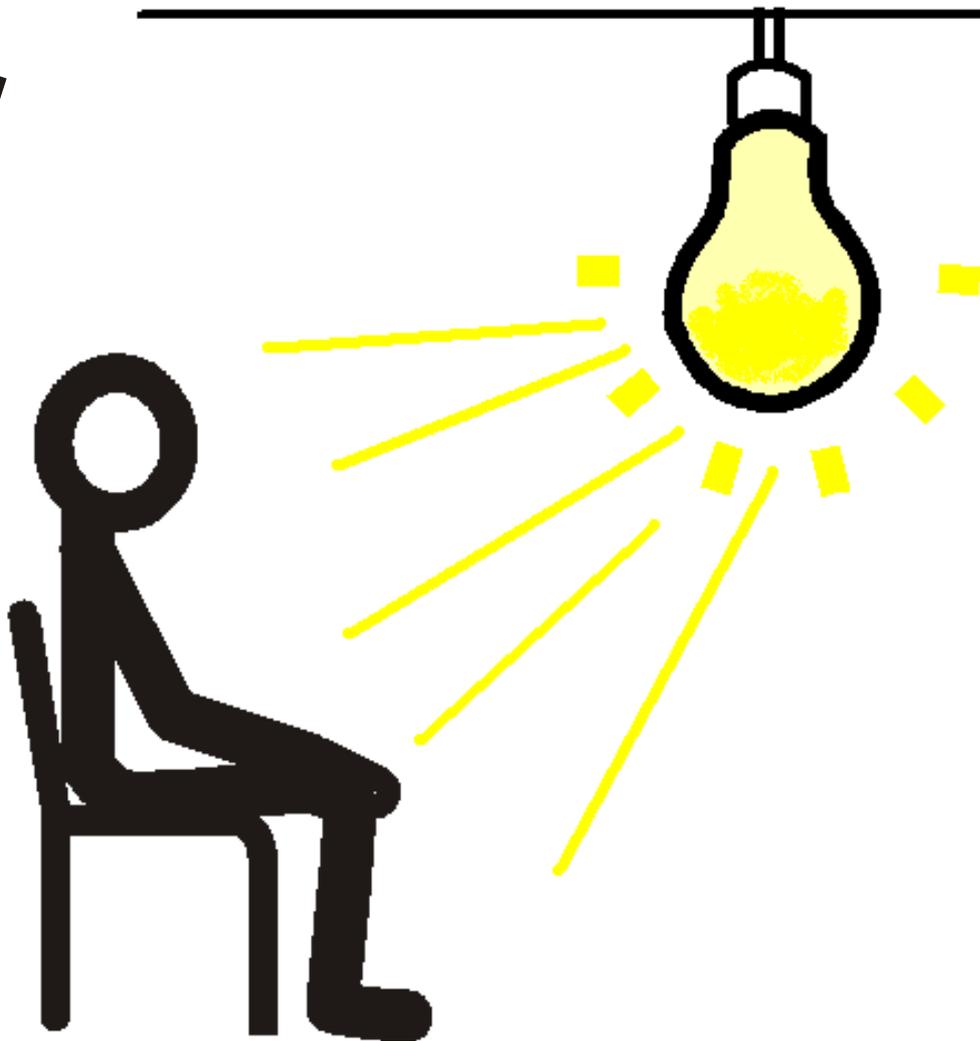
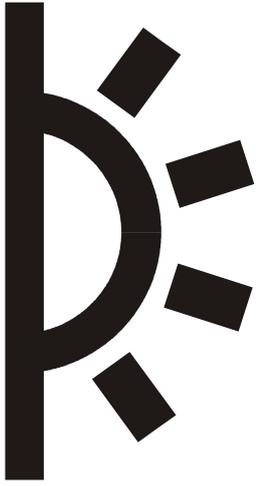
Get up at the same time  
every day.



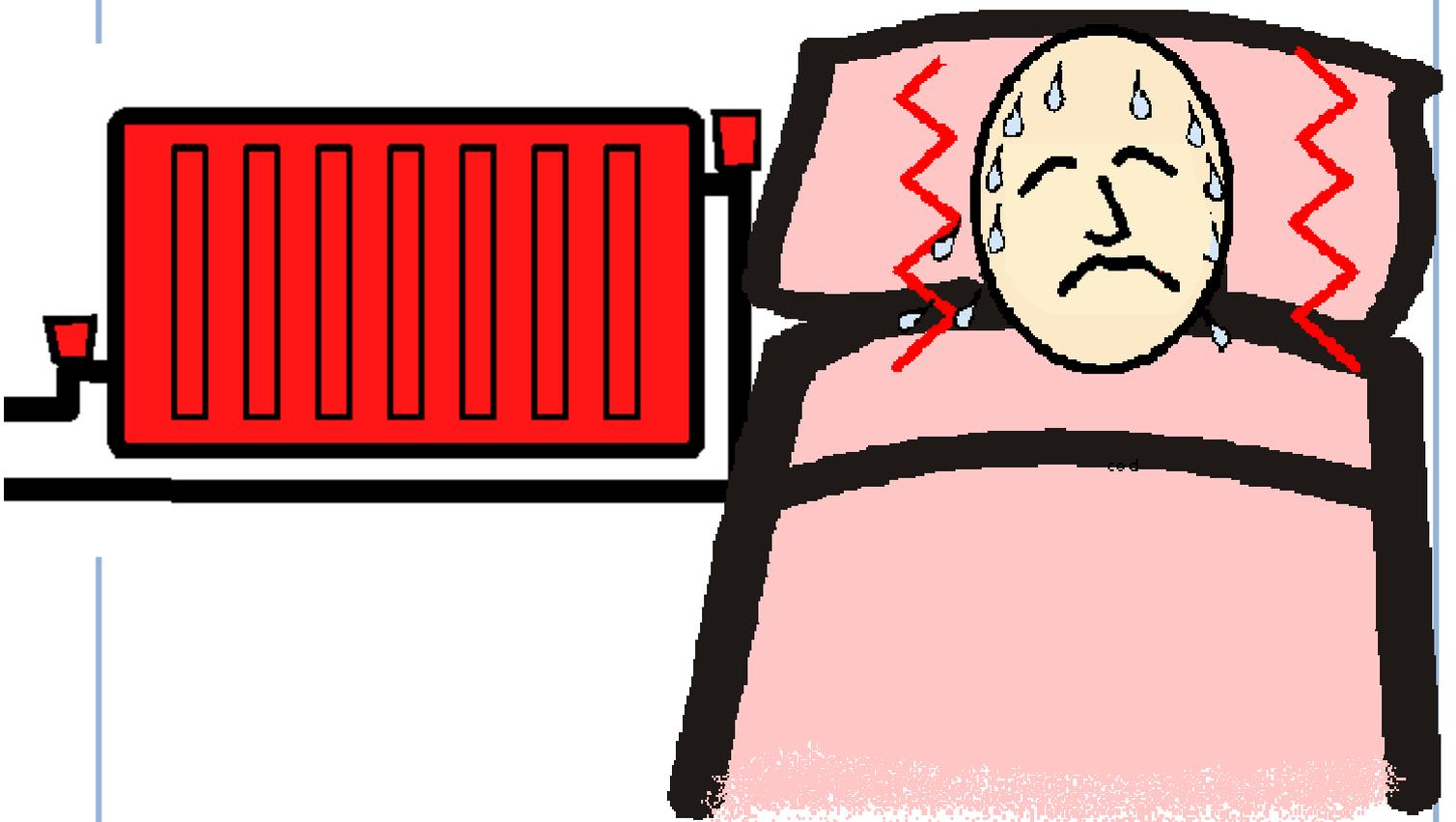
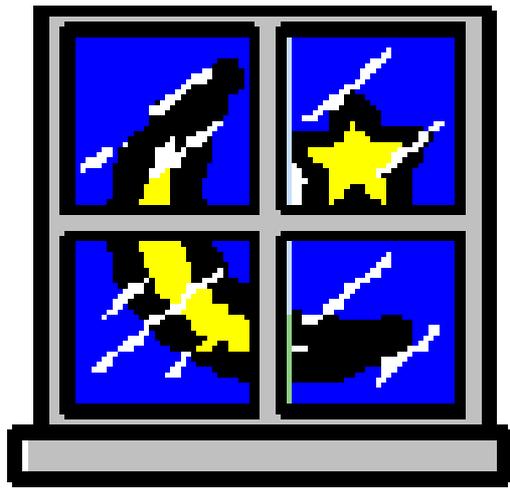
Do some exercise every day.  
Try to exercise in the  
morning.



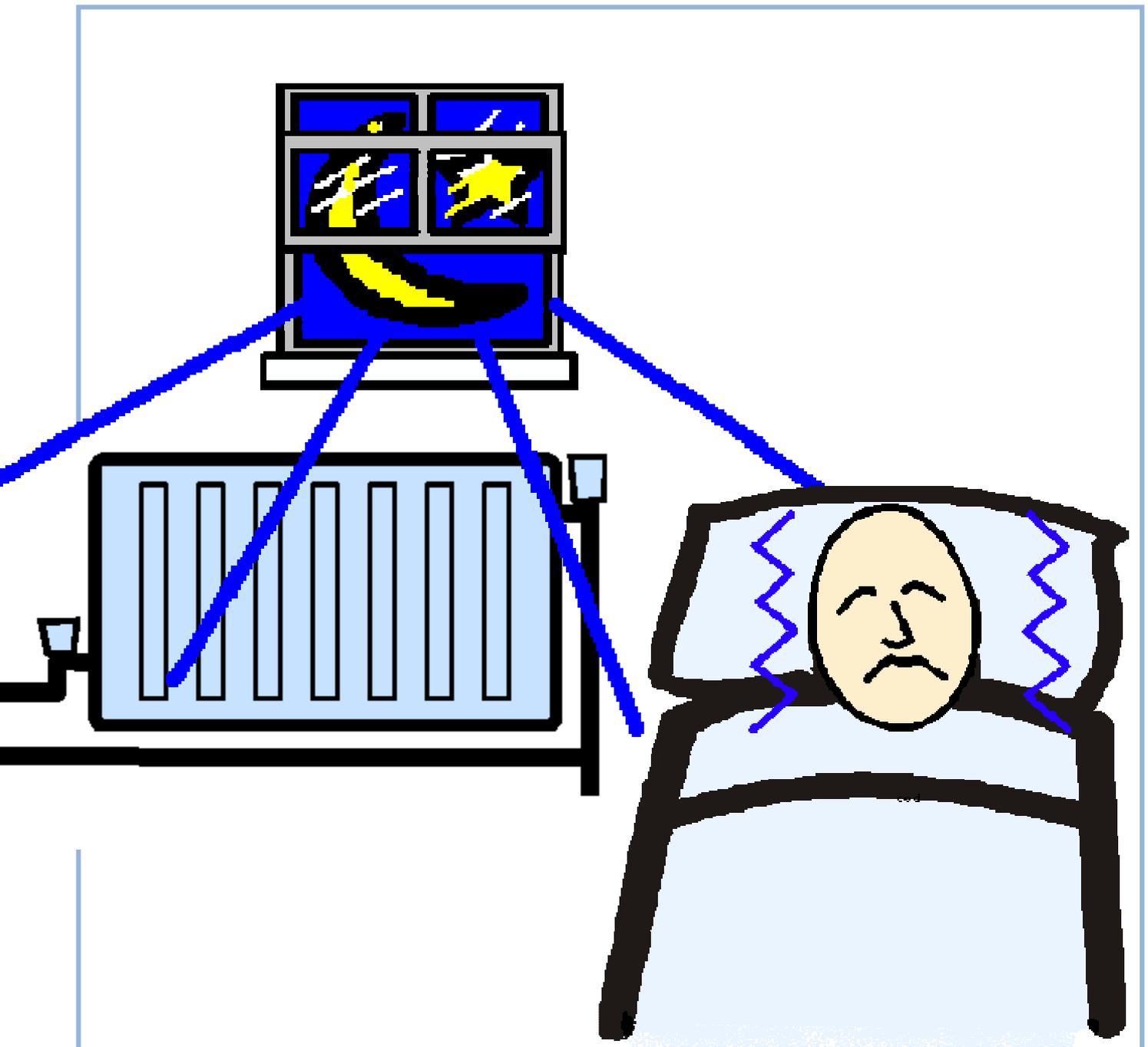
Go outside and enjoy the  
daylight.



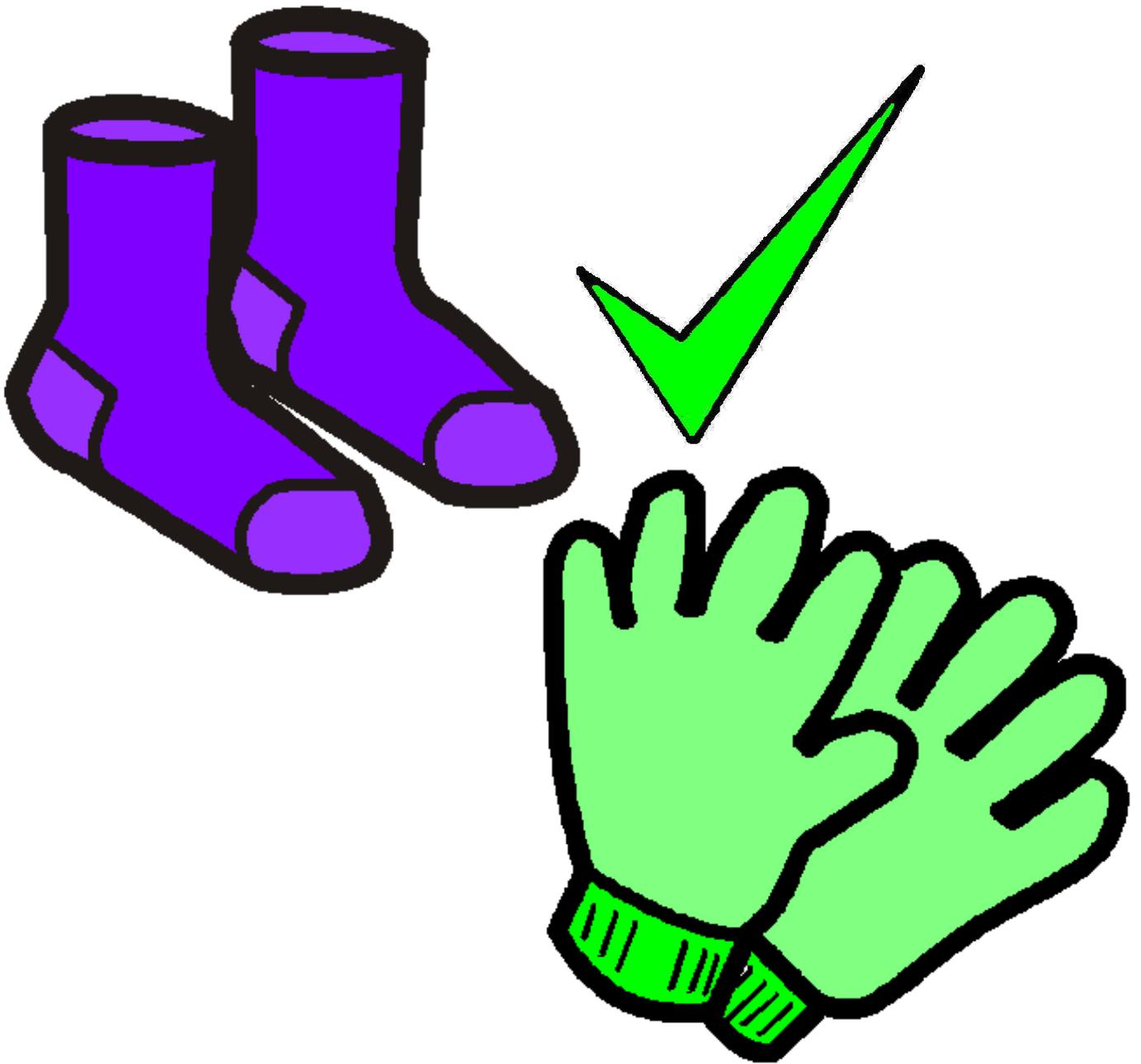
Sitting in bright light is good  
as it wakes your body up.  
Try to sit in bright light in  
the afternoon.



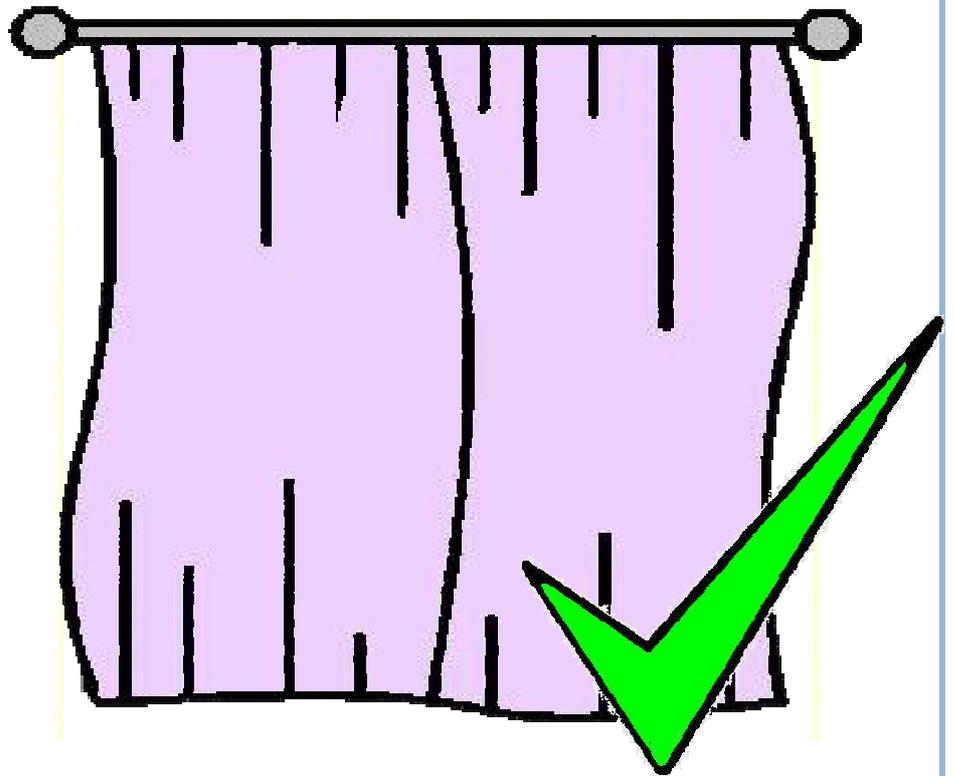
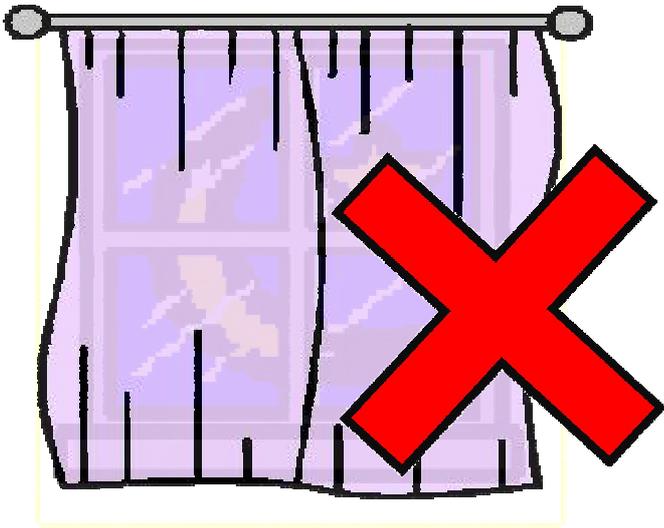
Keep your bedroom  
comfortable: not too hot



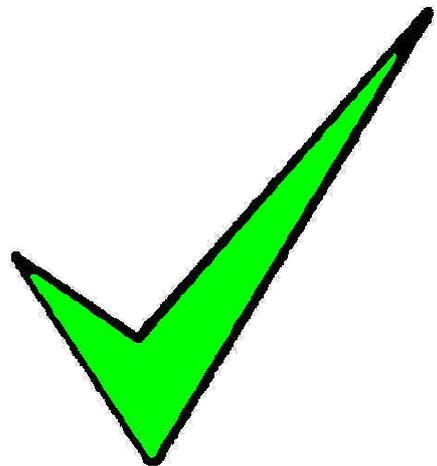
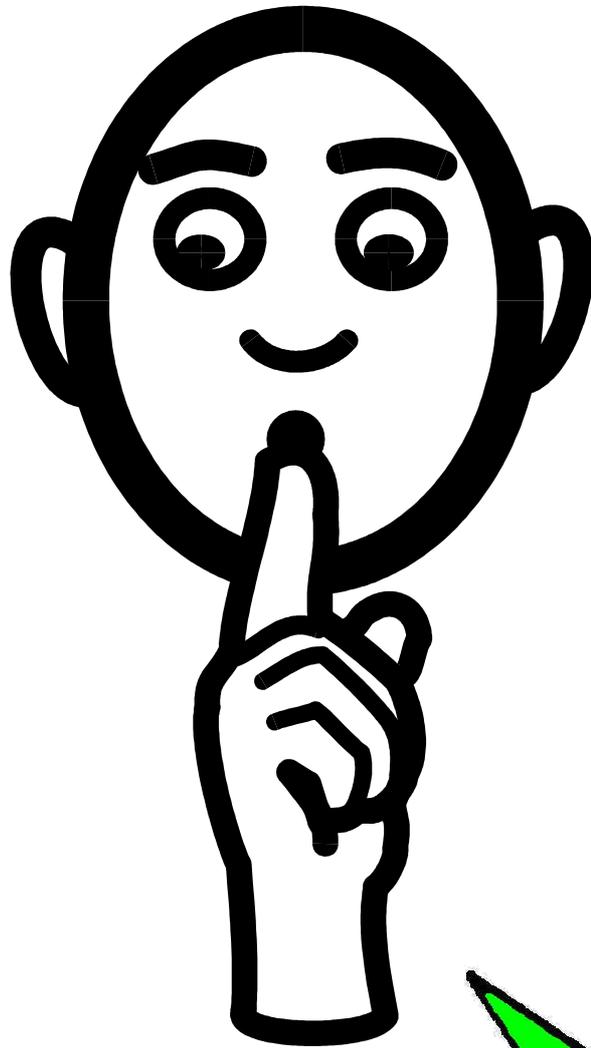
Keep your bedroom  
comfortable: not too cold.



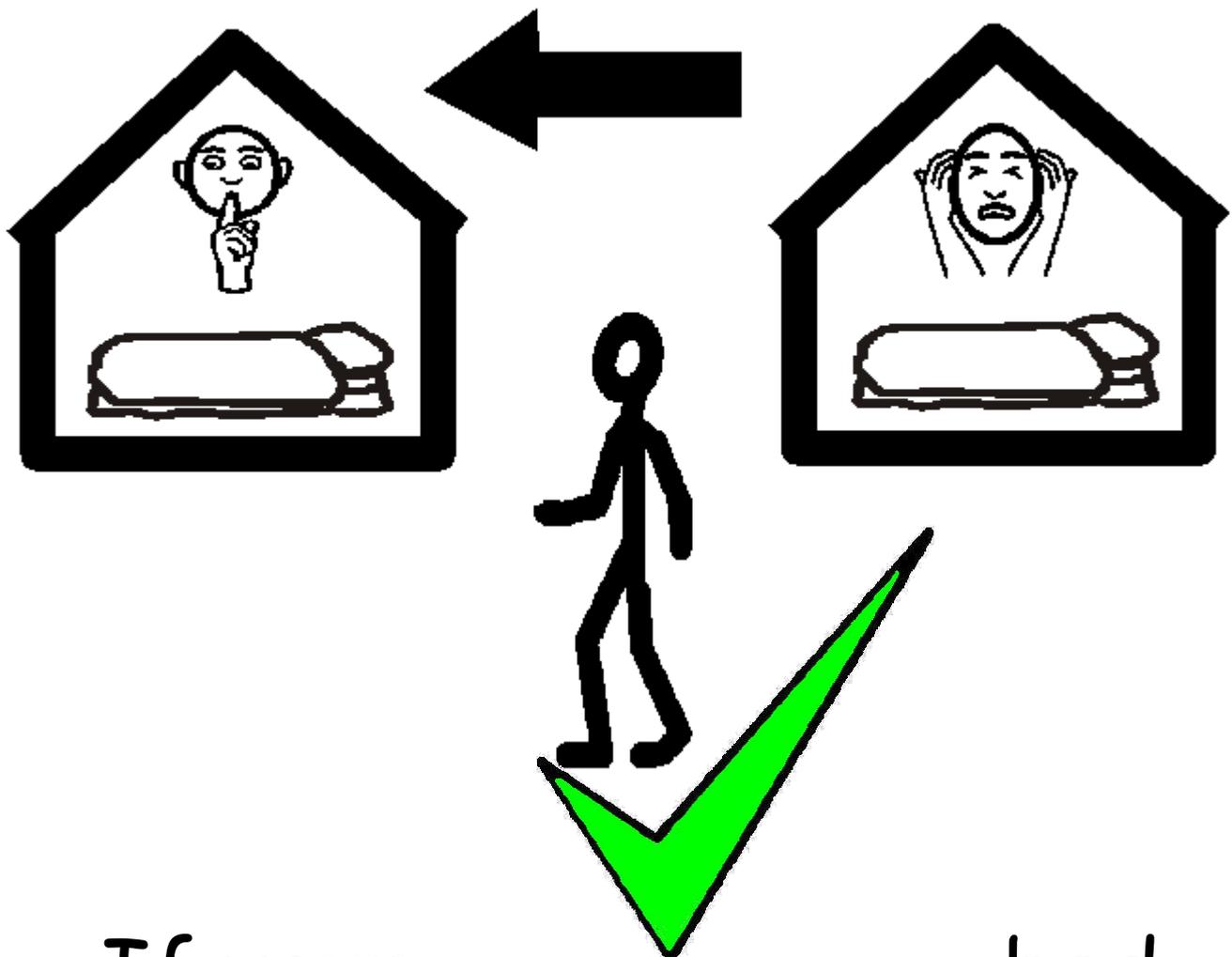
If you get cold at night,  
wearing socks or gloves to  
bed might help.



Thick curtains will help  
keep your bedroom dark .  
This will help you sleep well.

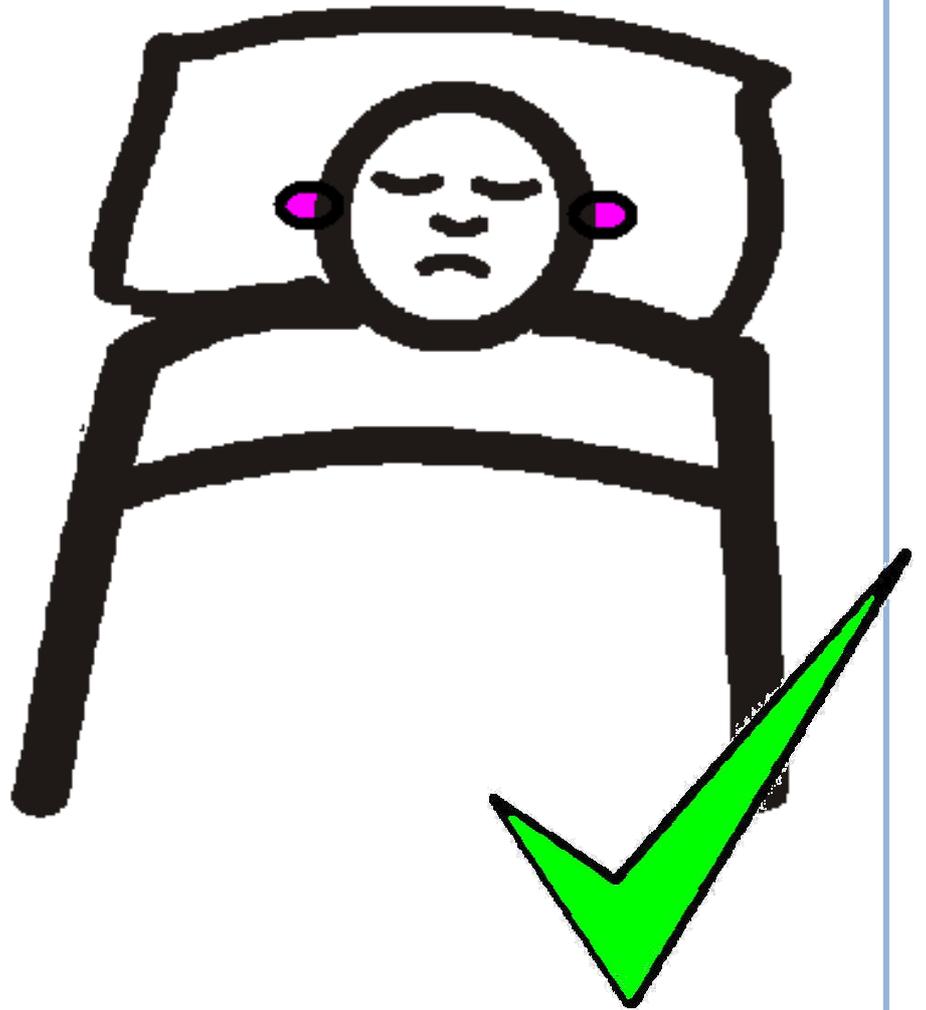


Keep your bedroom quiet.



If your bedroom is noisy, try changing rooms.

Bedrooms at the back of the house can be quieter.

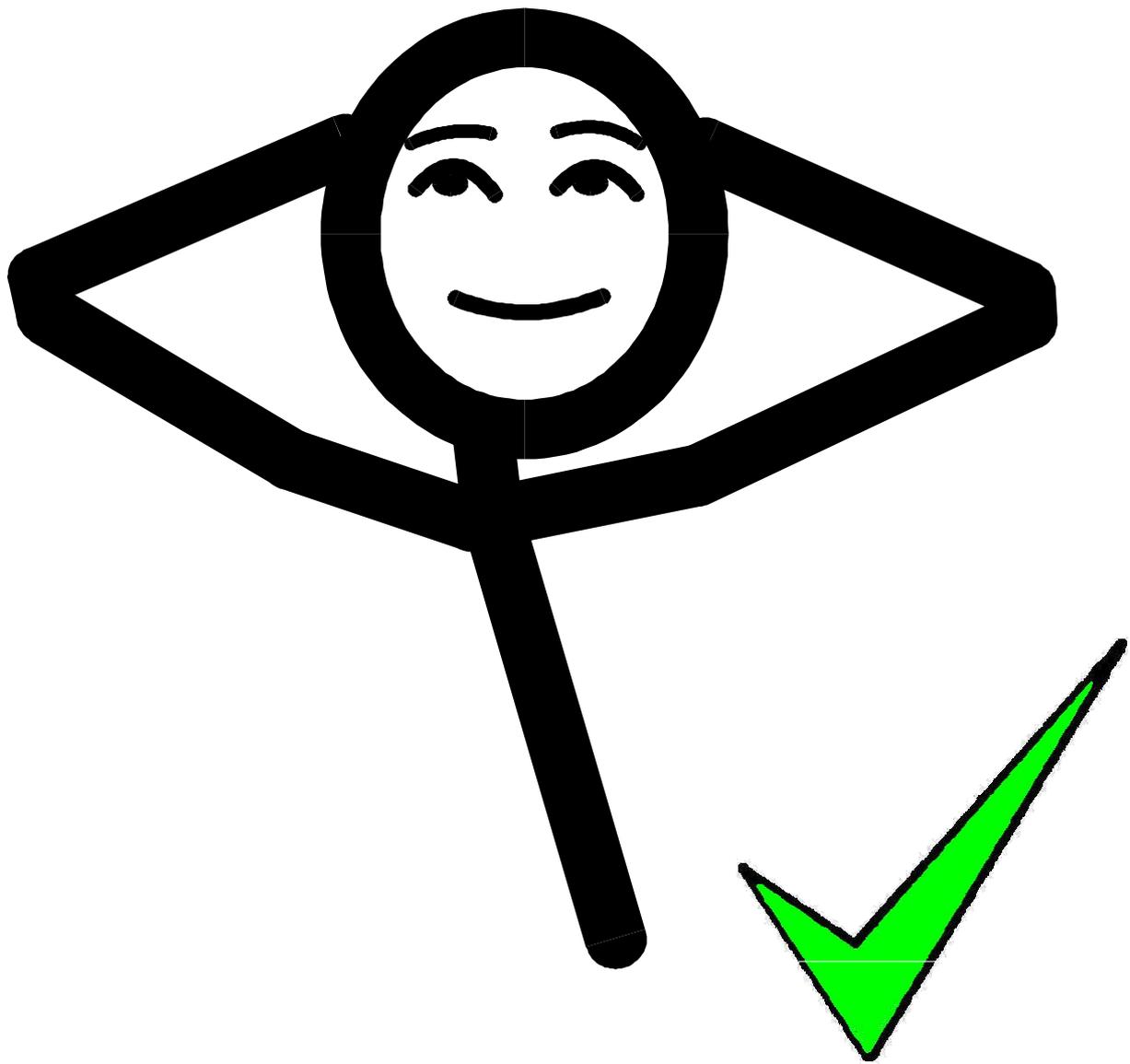


If you still find you are waking up because it is noisy, try wearing ear plugs in bed.

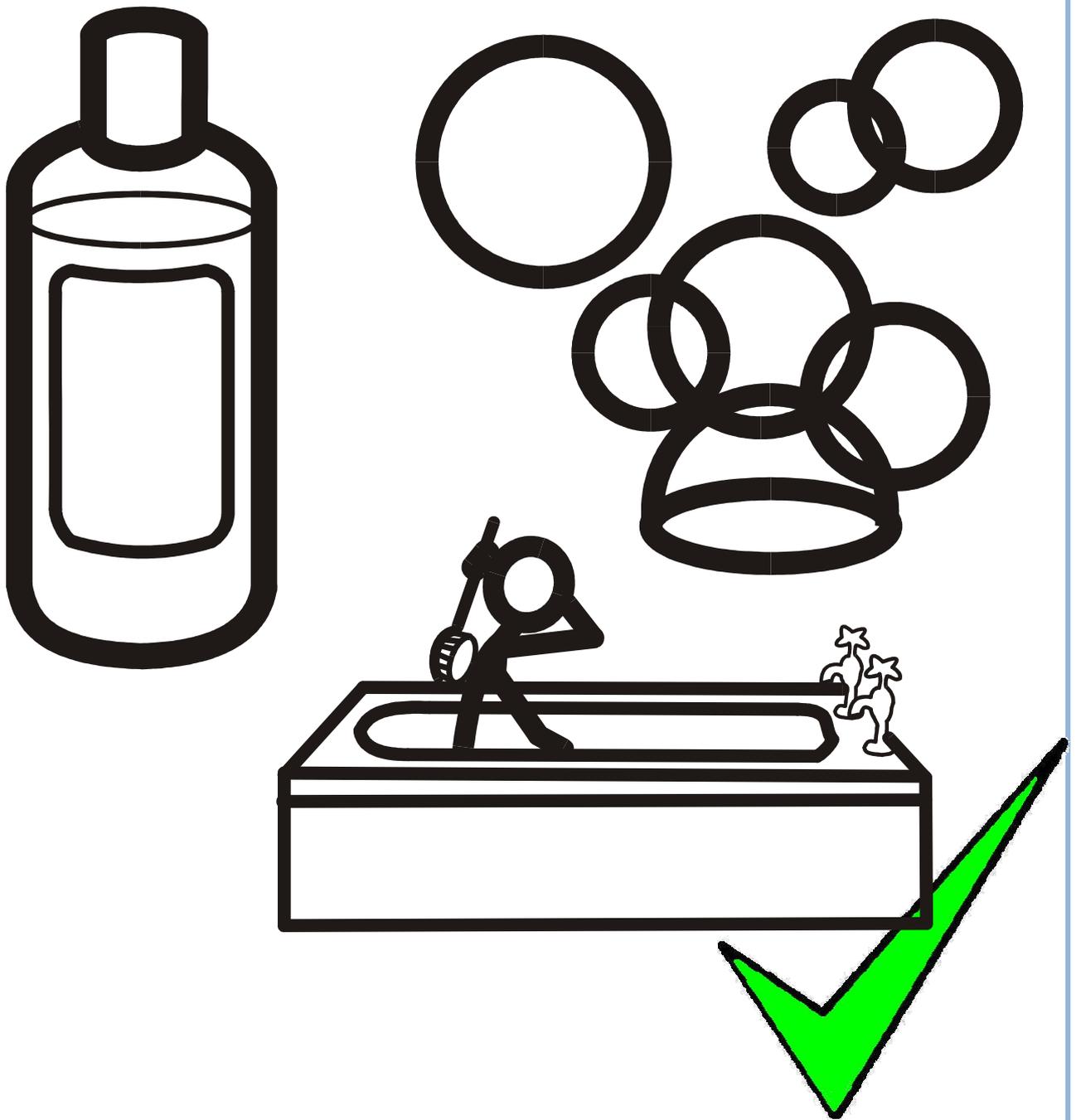
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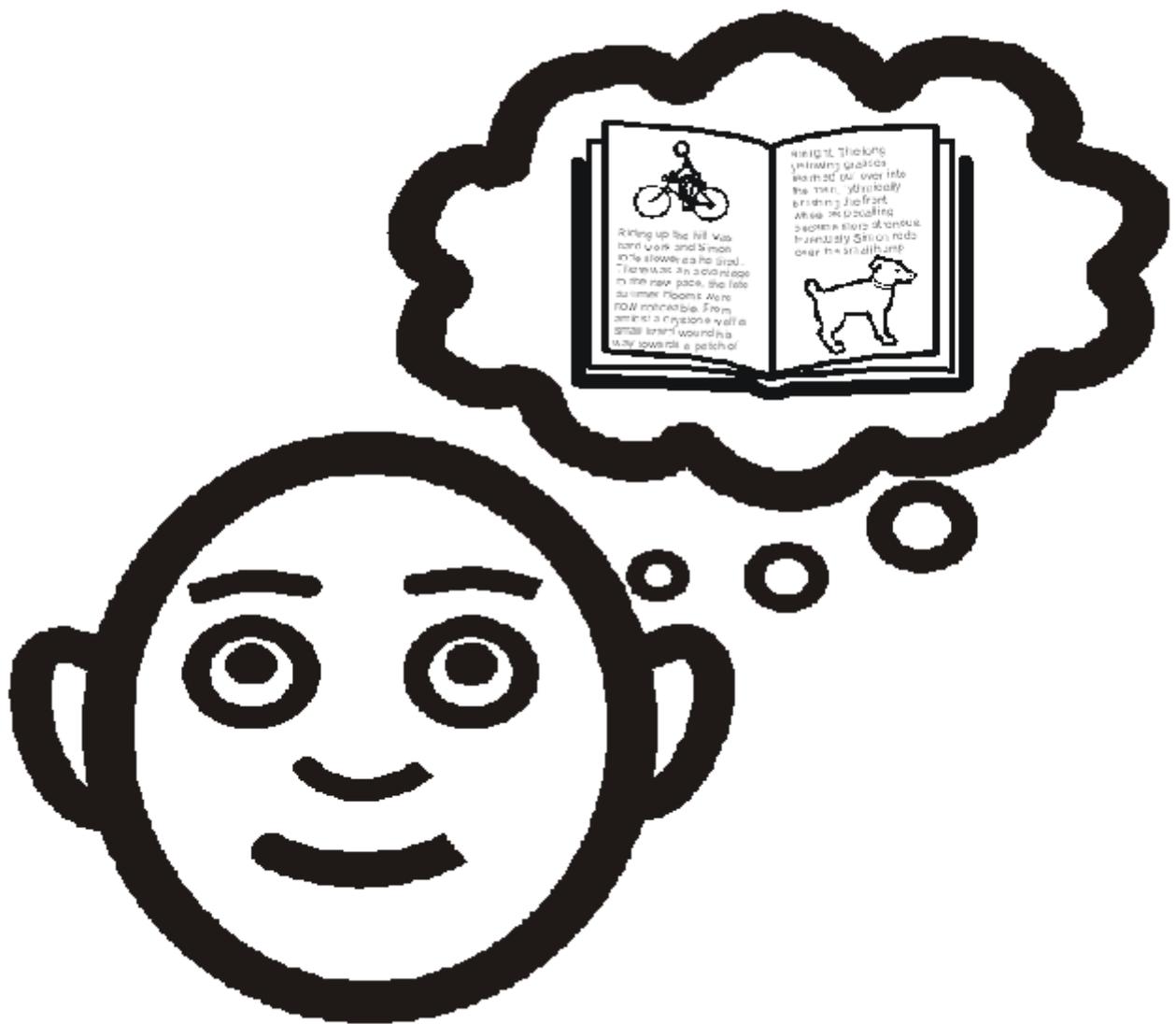
Only use your bed to sleep.



Sometimes trying to do something relaxing before bedtime helps you get a good night's sleep.



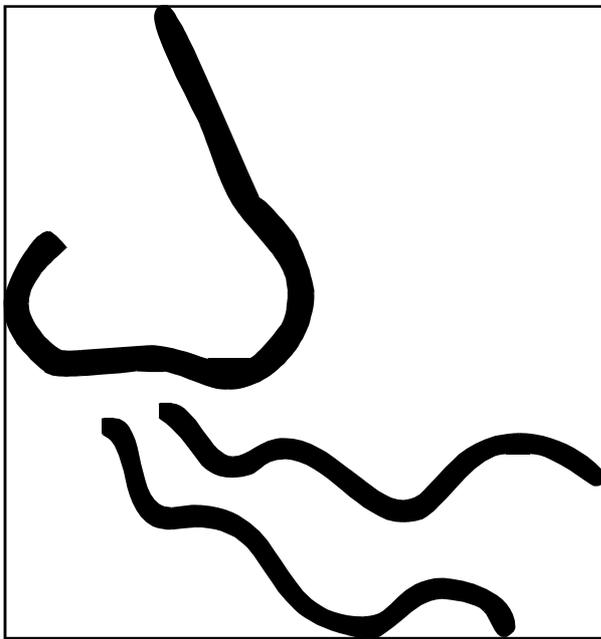
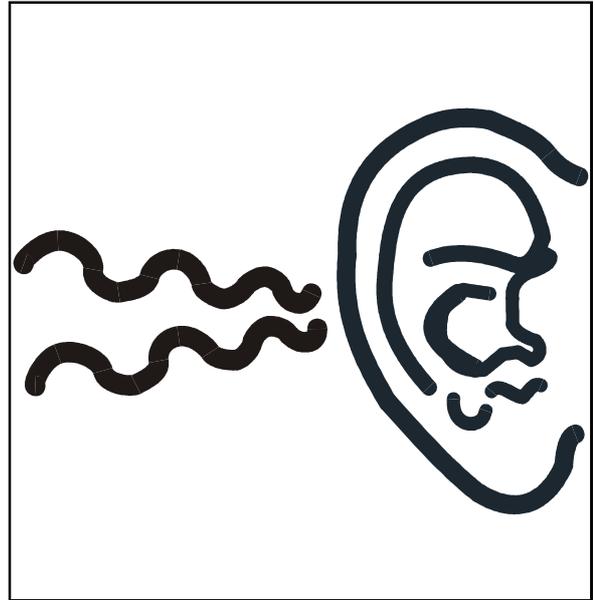
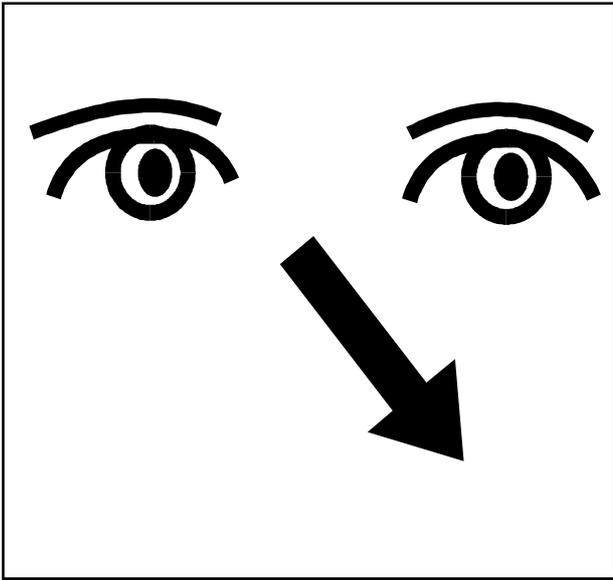
Try having a warm bubble bath.



When you go to bed, try to  
think of a story .  
Make the story about  
something you like.



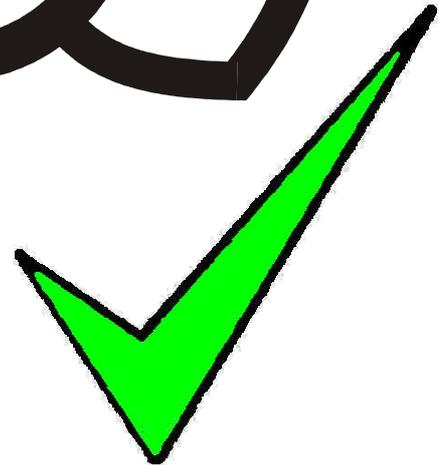
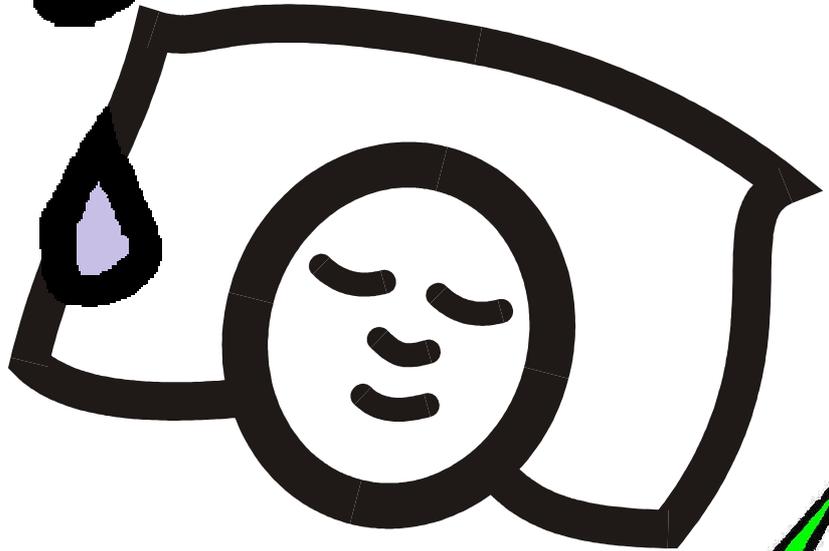
Your story might be about walking on a beach or doing something with friends.



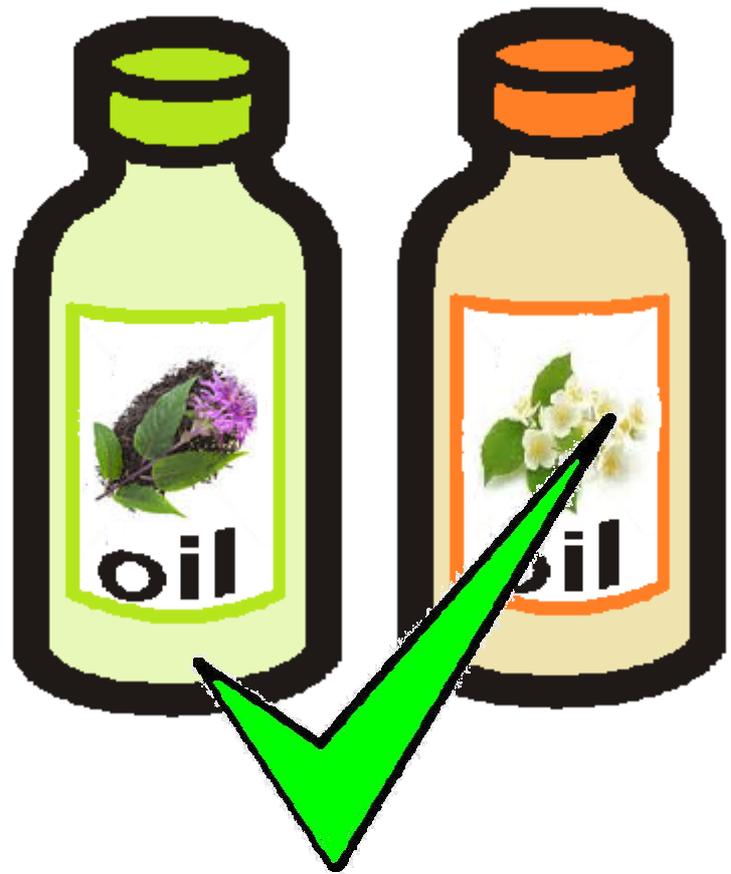
When you are thinking about your story, think about the things you might see or hear and smell.



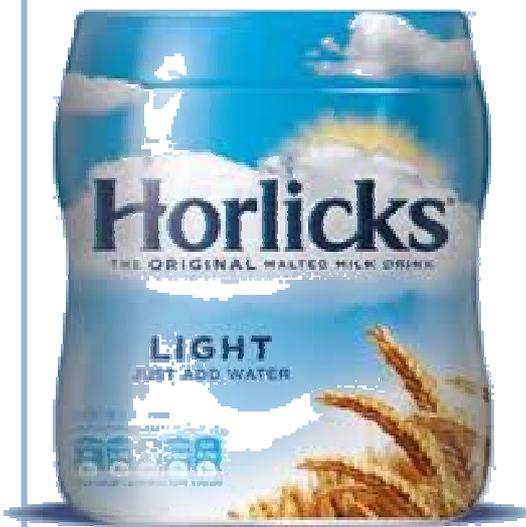
Thinking of a story can help  
you go to sleep.



Putting 1 or 2  
drops of  
lavender oil on your pillow can  
help you sleep.



If you do not  
like lavender oil, there might  
be a  
different aromatherapy oil



Try

having a milky drink like Horlicks before bedtime can help you sleep.

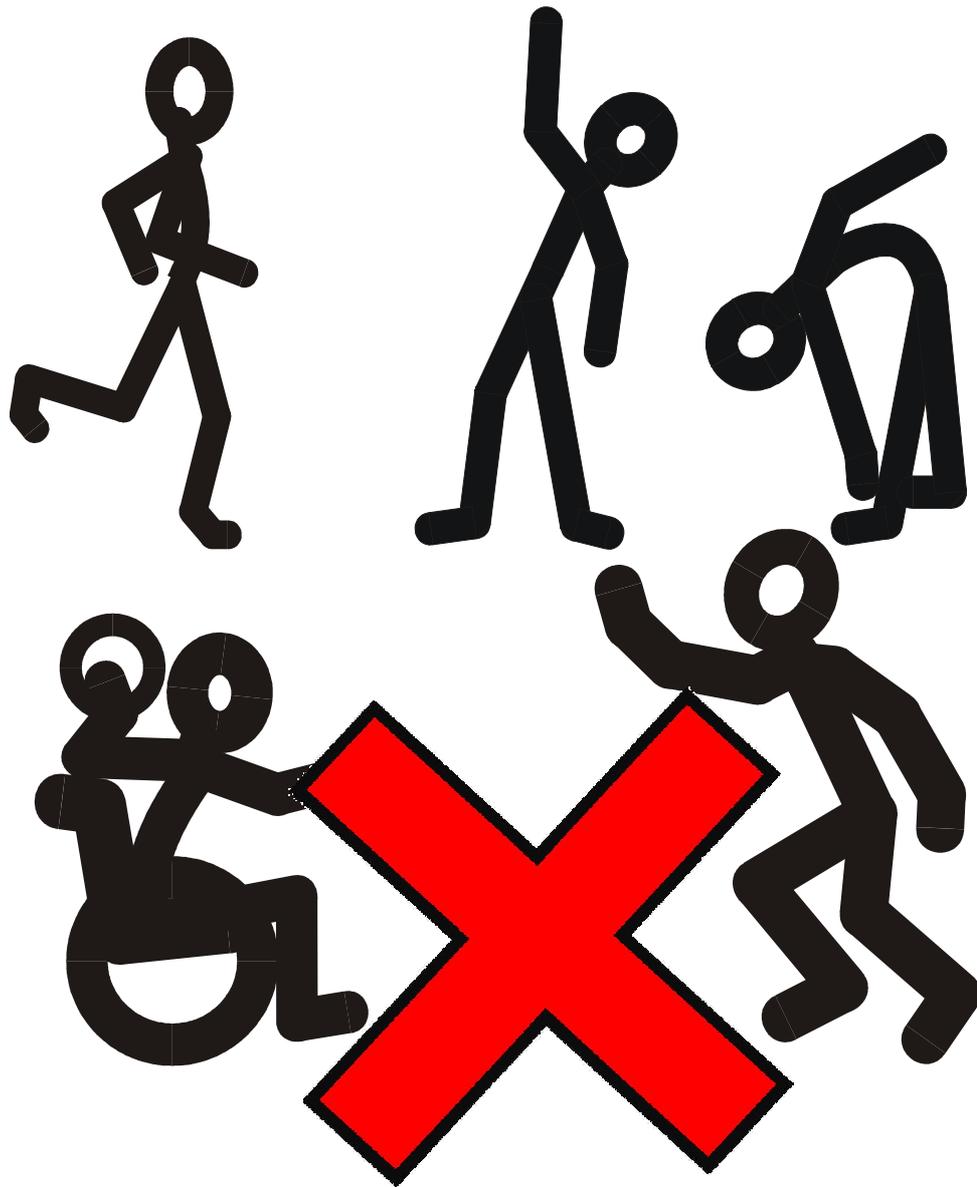


If

you don't

like

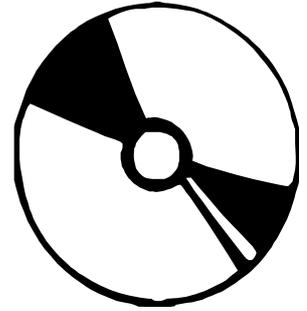
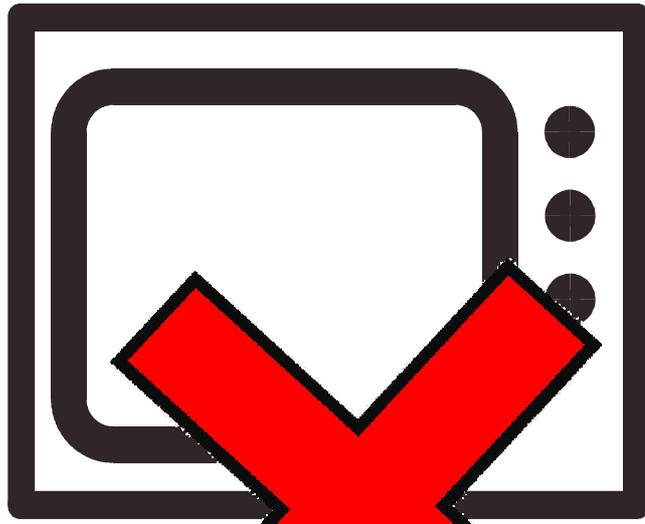
milky drinks, try chamomile tea before bed. If you normally take sugar in your tea, try a spoon of honey instead.



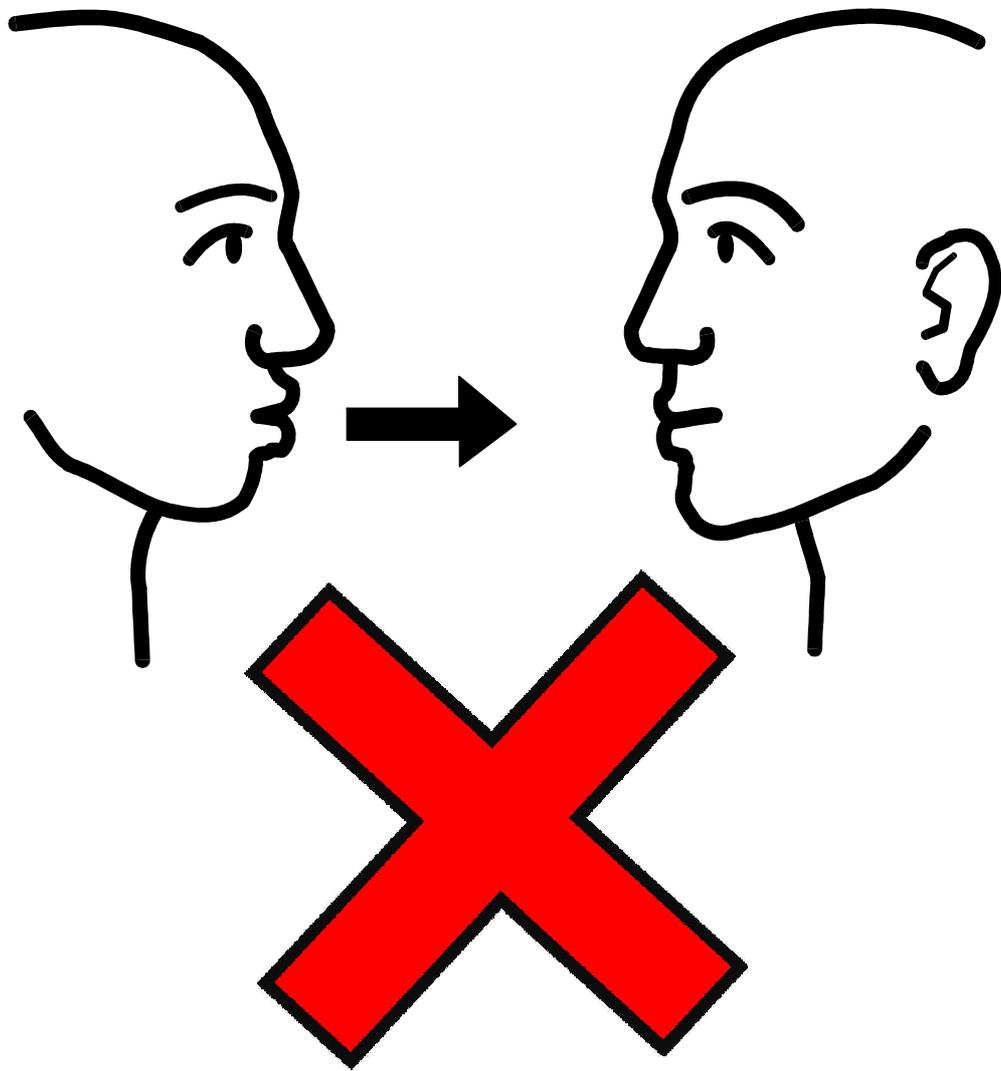
Do not do things that are  
very active before you go to  
bed.



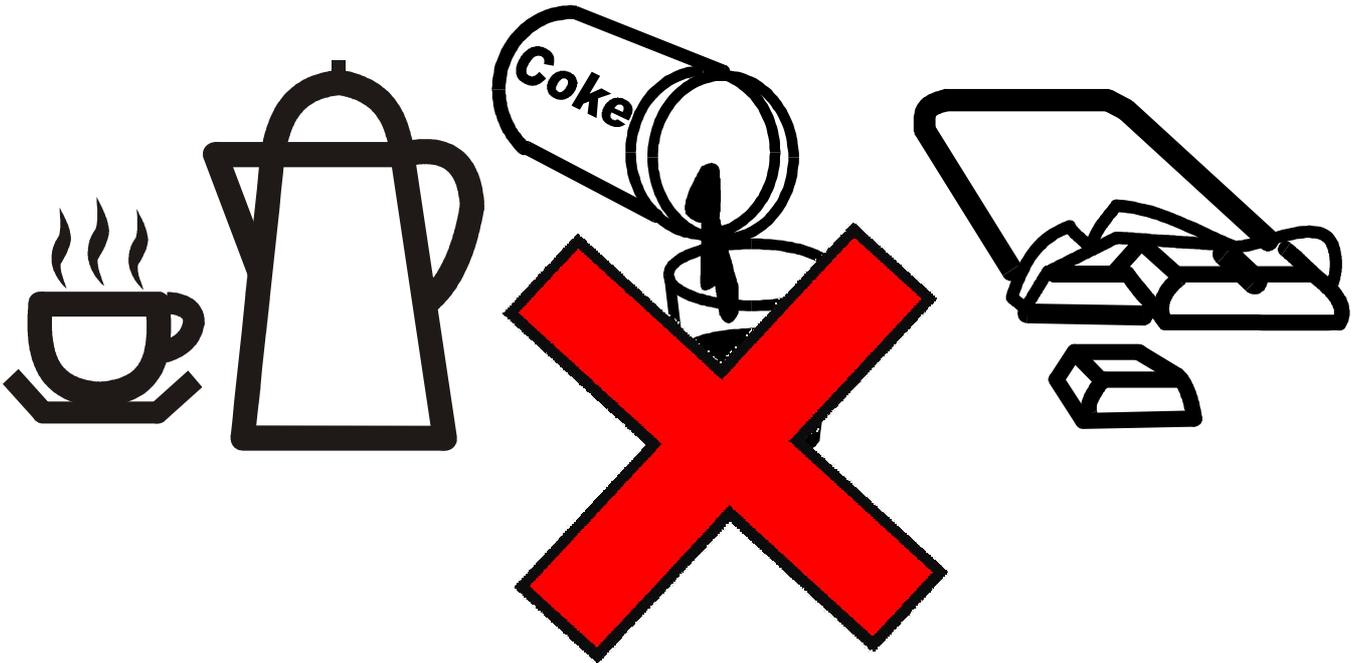
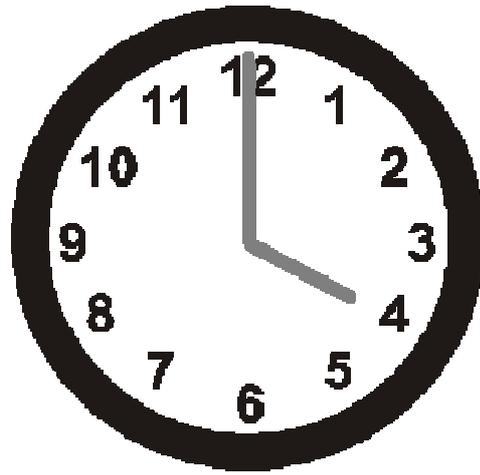
Do not play computer games  
before bed.



Do not watch programmes or films that are very loud and active.



Do not have important talks  
with loved ones.

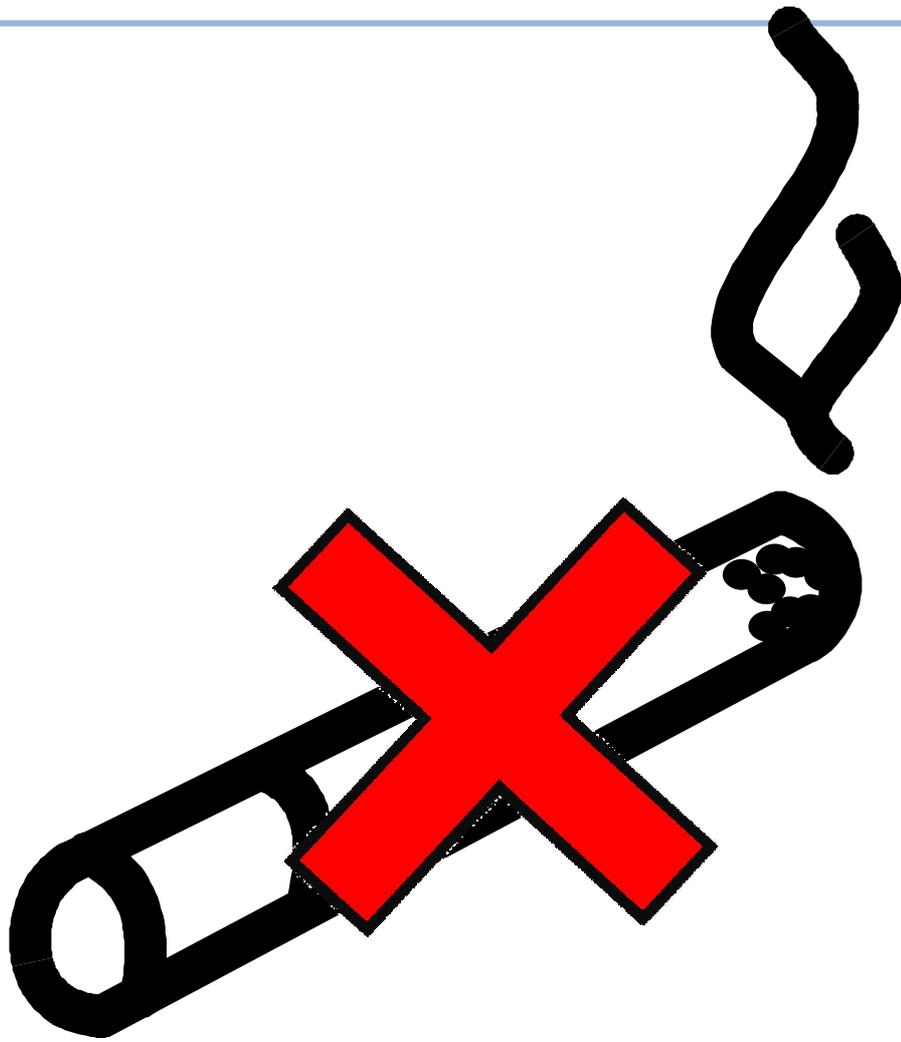


Do not have things with  
caffeine in them from  
4 o'clock in the afternoon.  
Caffeine is in things like  
coffee, tea , chocolate and

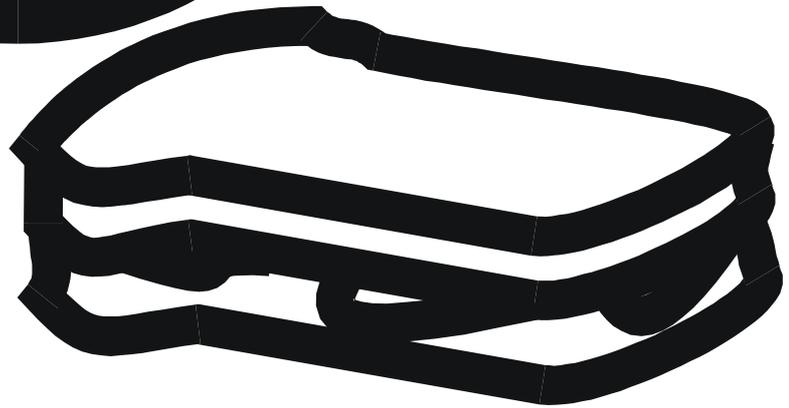
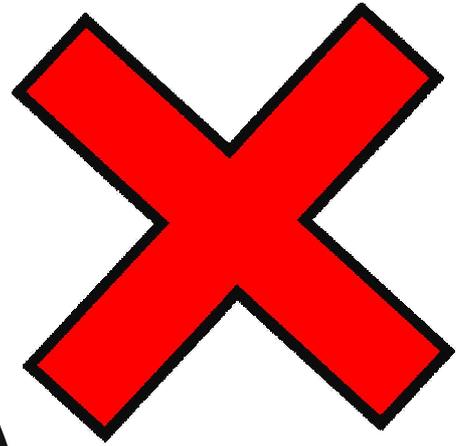


Do not have alcohol in the evening.

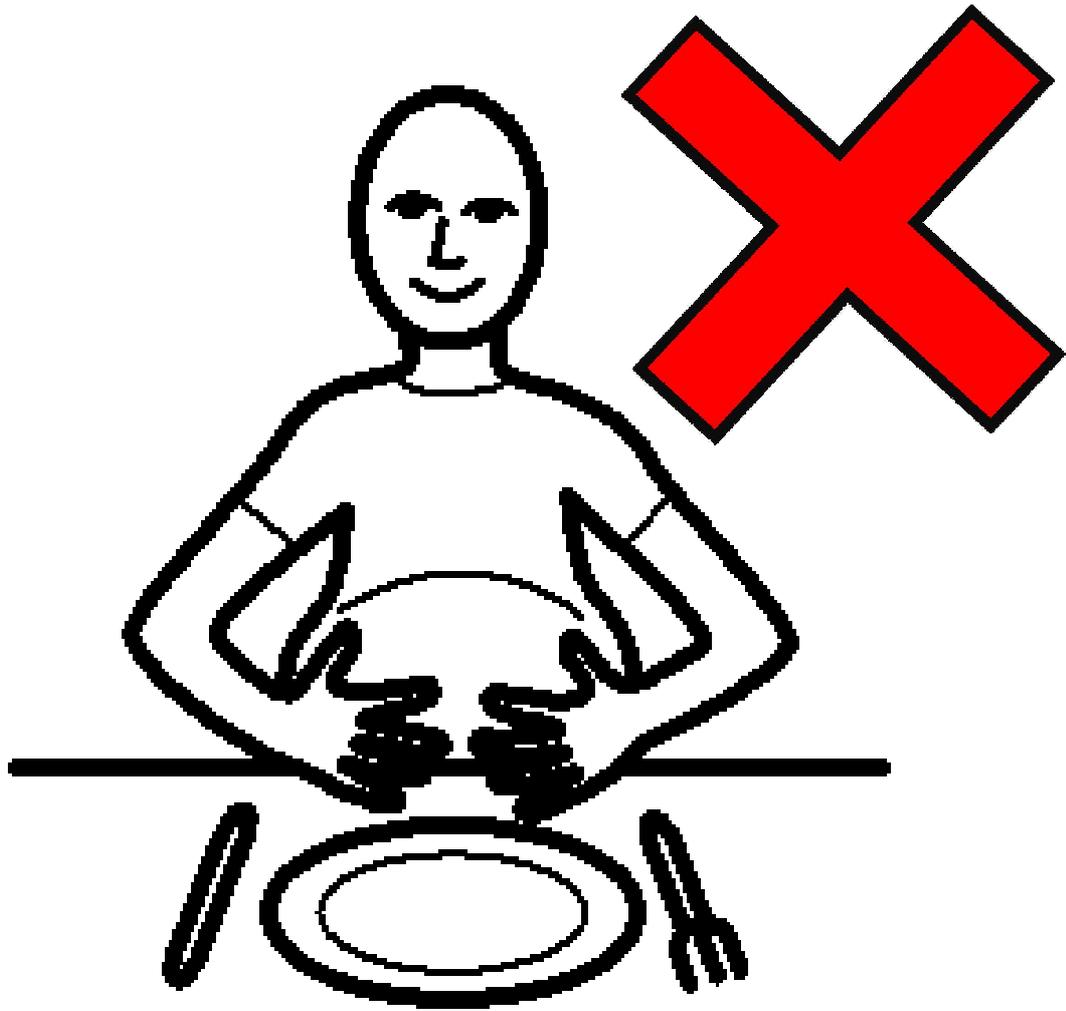
Alcohol can make you feel sleepy, but it does not help you get a good nights sleep and you will wake to go to the



If you are a smoker, do not  
smoke before you go to bed.  
There are things in cigarette  
smoke that will keep you  
awake.

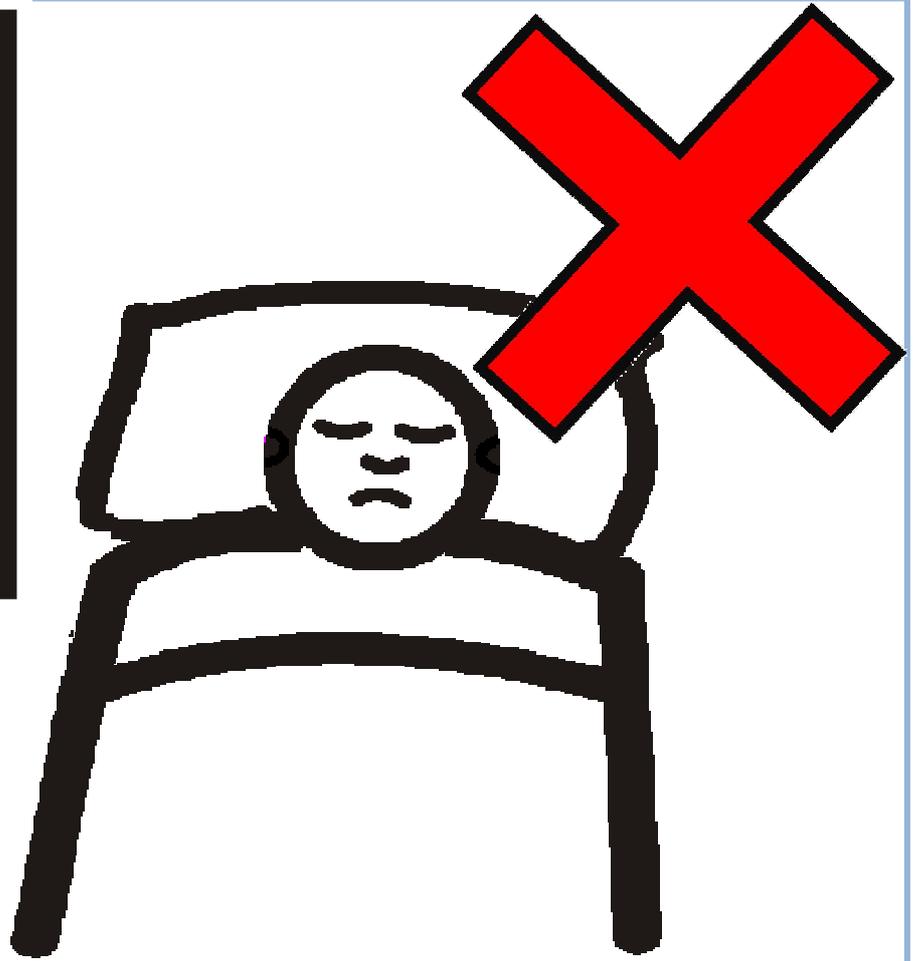
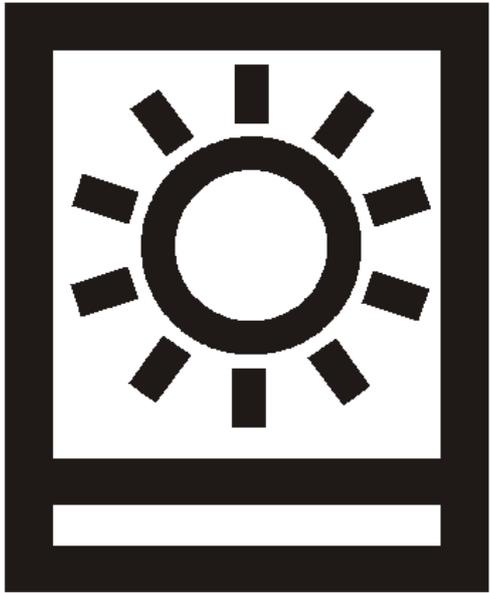


Do not go to bed if your  
feeling hungry. Try having a  
light snack .



Do not go to bed if your  
tummy feels full.

Try to make sure you do not  
eat too much at tea time if  
this is a problem.

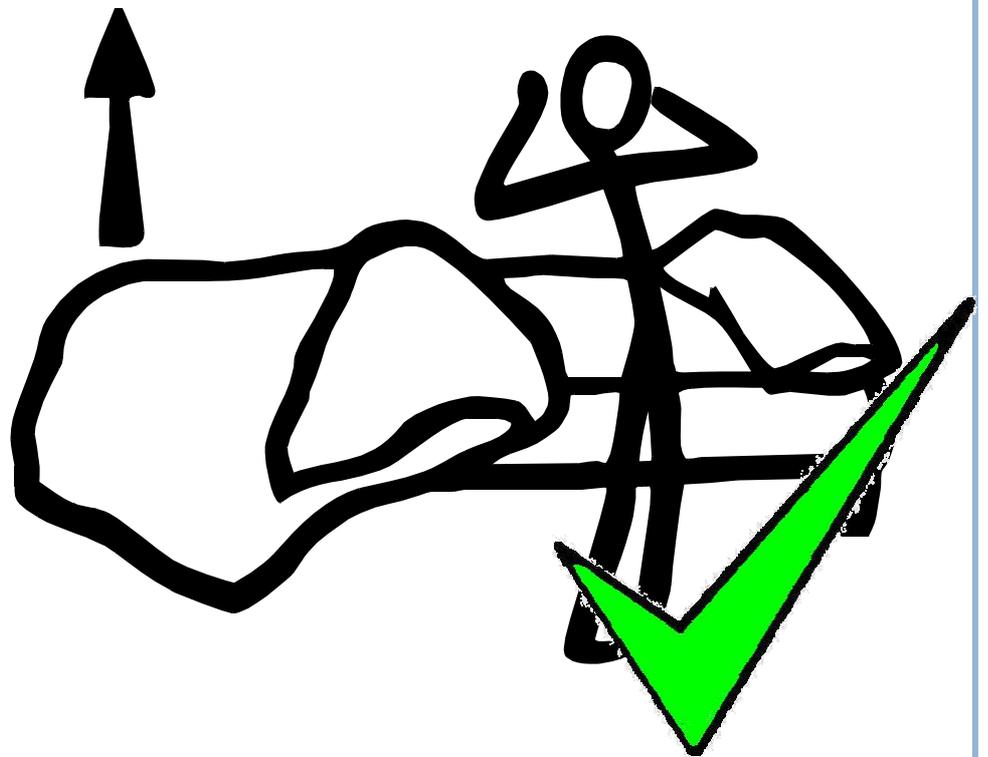
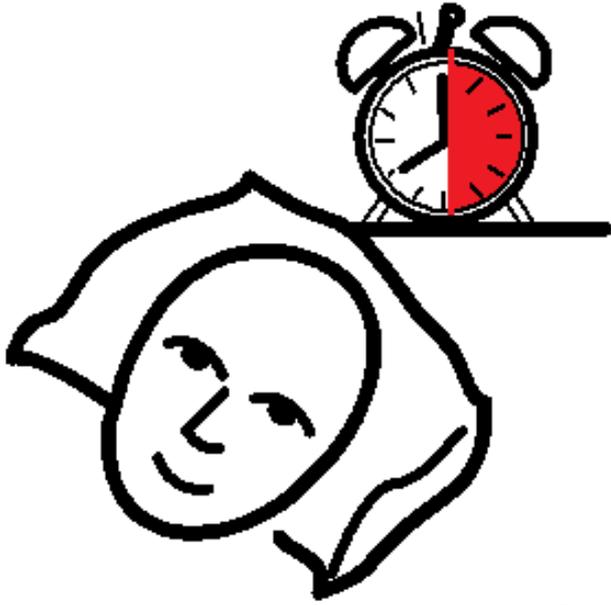


Do not sleep during the day.  
If you feel sleepy do some-  
thing active to keep yourself  
awake.

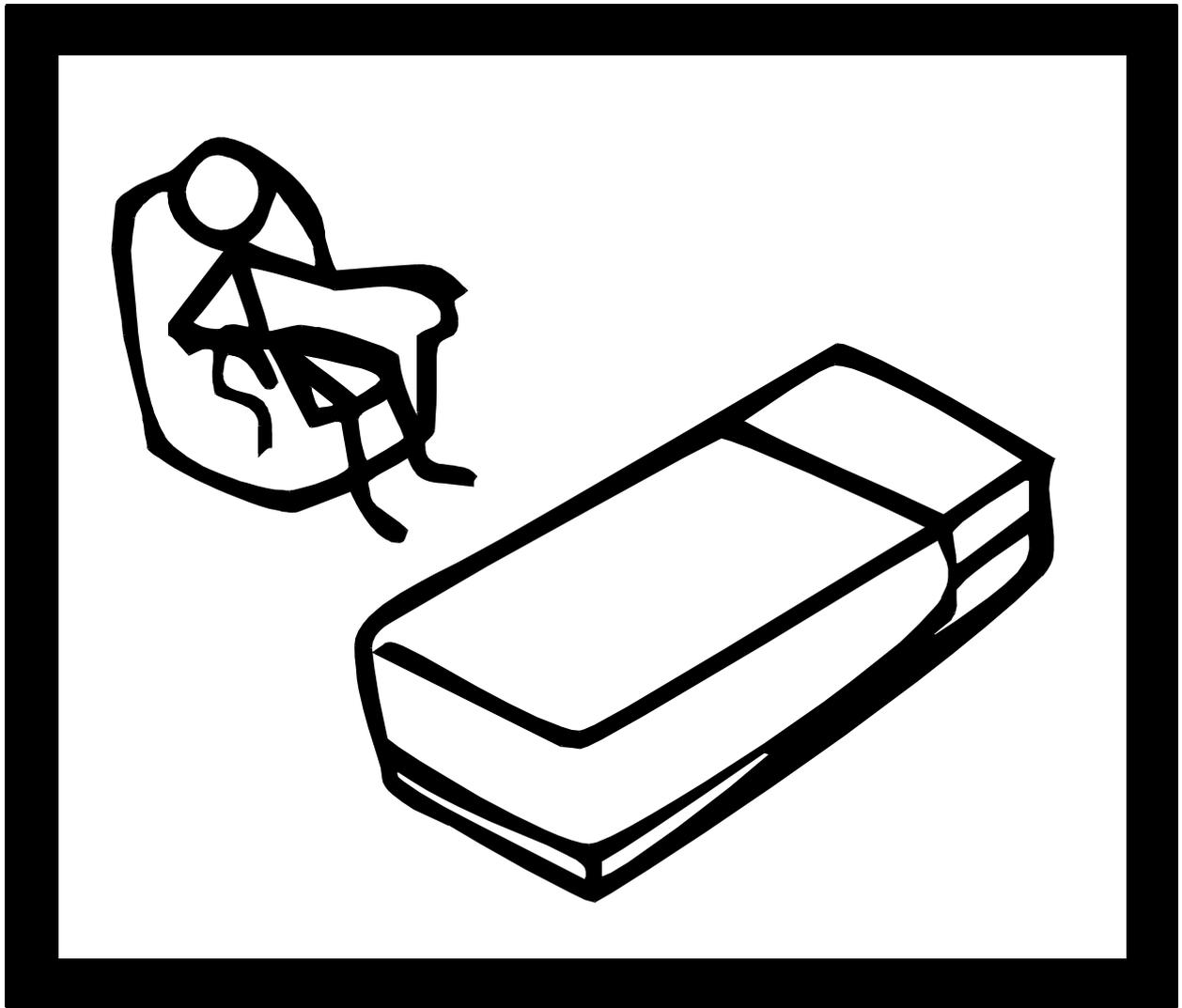
If you sleep during the day,  
it will make it hard to get to

When you go to bed, do not  
tell yourself to go to sleep.

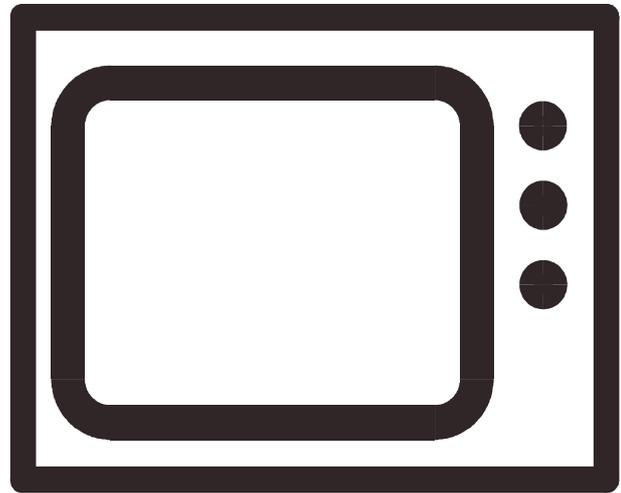
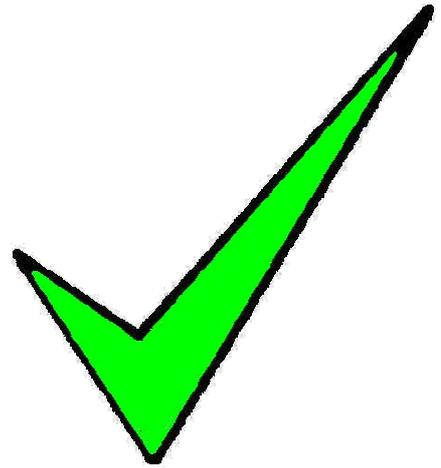
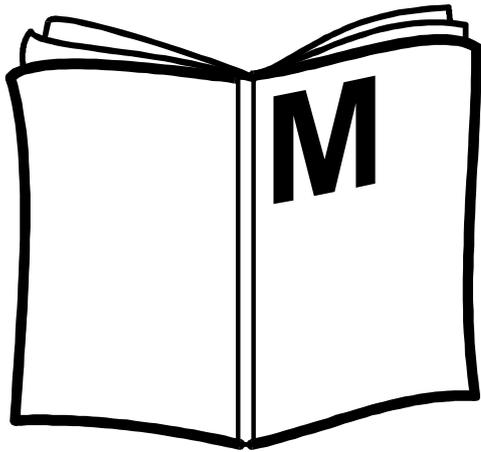
Trying too hard to go to  
sleep can make you feel more  
awake.



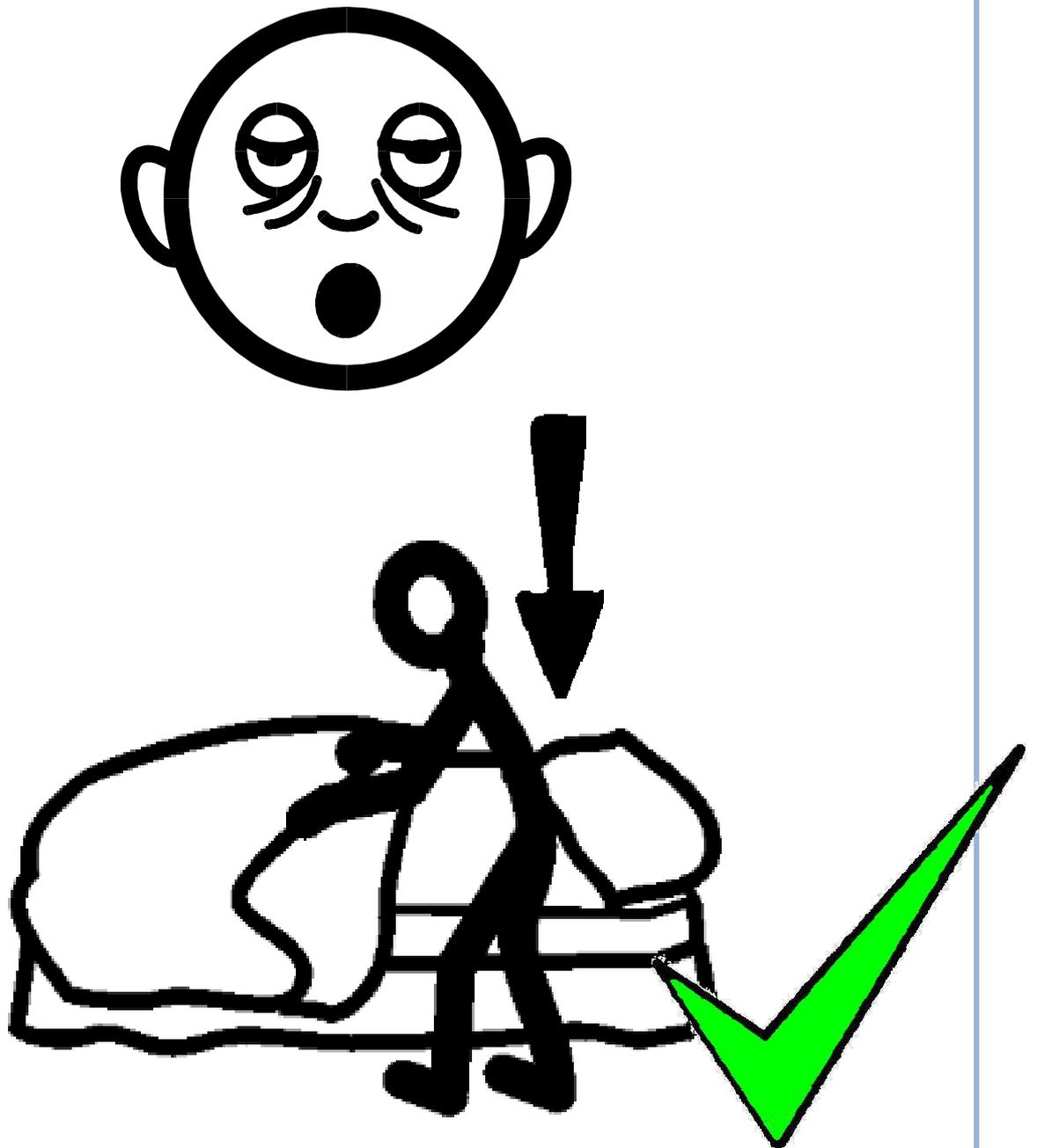
If you have been in bed for half an hour and not been able to go to sleep, get up.



Try a different room or sit  
somewhere different in your  
bedroom.



Do a quiet activity , looking  
at a magazine or watching  
TV.



When you feel sleepy, go  
back to bed. Do this as many  
times during the night as  
needed.

