

✓ The Sleep Well CHECKLIST for Better Sleep



OUTDOOR ACTIVITIES

Have you had a good walk in the fresh air and natural light today? Our sleep hormones need daylight and twilight triggers. Fresh air oxygenates the blood to aid sleep.



STIMULANTS

Have you limited your intake of caffeine and stopped it from 4pm? Caffeine can be found in coffee, tea, chocolate and cola drinks.



GOOD FOOD

Have you eaten well from a wide selection of healthy options? It's true that your diet and the quantity of food you eat can affect the quality of your sleep.



'ME' TIME

Have you taken time out to do something just for you that you really love? It might be a favorite hobby or pastime, or just spending time with a pet.



RELAXATION

Have you had a massage or enjoyed a meditation or Yoga practice today? This can help alleviate aches and pains that could cause discomfort in bed.



BEDROOM

Is your bedroom the ideal space for a good quality sleep? An ideal bedroom is dark and cool with no noise to disturb you. There should be no tech to distract you either!



BEDTIME ROUTINE

Have you followed your routine for a great night of sleep? A good routine may include a warm bath, brushing teeth and hair, and enjoying a chapter of your favorite novel. Repeat every night.



SLEEP WELL

The book 'Sleep Well: Reduce Insomnia And Increase Your Energy, Focus, Health, Fitness And Creativity By Sleeping Better Every Night' is available on Kindle