

Simple Tips for Better Sleep



These practical strategies are designed to help you take your first steps toward more restful nights. Start small, be consistent, and watch how your sleep – and your days – improve.



Rise & shine

Get at least 20 mins of bright light as soon as you wake up to help you feel fresh. Turn on the lights, open the blinds and turn up the brightness on your devices.



Regular wake, not sleep time

Keeping a regular wake up time helps stabilise your body clock and builds your sleep drive consistently from the same time each day.



Sleep only when ready

Head to bed *only* when you are sleepy enough to give yourself the best chances of falling asleep. Being too alert can lead to restlessness and stress.



Clear your mind before bed

Journalling and to-do lists can clear your mind before sleep. Write down thoughts and worries that may be on your mind during the day or evening to help settle your mind.



Relax and re-engage

Engage in what relaxes you – whether it's music, nature, TV, or other hobbies. This lowers your stress levels and improves your health & relationships.



Just be, not do

Our modern society values being busy. Having moments to slow down and 'just be' can restore your mental, physical and emotional wellbeing.

Keen to go deeper? Book a consult for step-by-step support tailored to your unique sleep needs, complemented by engaging self-paced resources.