

# Improving Sleep

Now that you understand the science, let's put it into practice. Below are seven sleep-supporting activities for you to try this week. Each day, try a tip from below to explore which ones you enjoy and feel the benefit of:

**1**

## **Rise and shine walks:**

Spend 10 minutes outside within two hours of sunrise to wake up your body with natural light.

**2**

## **Sunset walks:**

Head outside for 10 minutes as daylight fades to boost melatonin with warm hues.

**3**

## **Dim the lights:**

Before bedtime, keep lights and screens dim to signal your body it's time to wind down.

**4**

## **Silence your phone:**

Make your bedroom quiet by turning off your phone to avoid disturbances at night.

**5**

## **Morning exercise:**

Energise your day with morning exercise to avoid being too alert in the evening.

**6**

## **Stick to a routine:**

Establish a consistent sleep pattern to align with your body's natural rhythm.

**7**

## **Early eating:**

Skip late-night snacks, caffeine, and alcohol to maintain a healthy sleep pattern.