

Top Tips: To a Great Night's Sleep

01

Save the bedroom for sleeping

Try to avoid spending too much time in your bed when you aren't sleeping or sleepy. This'll help you avoid negative associations with your sleep space.



02

Set up a good sleep space

Get the environment right. Keep your bedroom at a comfortable temperature and the light levels low. Scents like lavender, camomile, clary sage and rose can also help you drift off.

03

Write a worry list

If your mind is racing, try to write down your worries on a piece of paper. A worry list helps ease the pressing tension of thoughts and release them from the grips of your mind.



04

Switch off

Most of us will have heard that the blue light emitted from electronics keeps us up at night. This kind of light reduces melatonin production that helps us sleep and feelings of sleepiness. So try your best to switch off from the screens as early as you can.



05

Seek help when needed

The tips above should help most people maintain a healthy sleep schedule. But if you are suffering from insomnia regularly, you might need some extra help from your GP.



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