

10 TOP TIPS

for getting a good night's sleep



Sleep is one of the most important things our body does to recover, so make sure you're giving it a chance to rest with these tricks

GO TO BED AND GET UP AT THE SAME TIME EVERY DAY

A predictable routine sets your body's "internal clock" to expect to sleep at a certain time each night.



CREATE A SLEEP ROUTINE



Ease the transition to sleep by engaging in relaxing activities beginning an hour or so before bedtime. You might take a bath, do some light reading, or listen to soothing music.

GET REGULAR EXERCISE, BUT...

... not during the three hours before bedtime. Daily exercise can help you get to sleep faster and sleep better. Exercise stimulates your body's secretion of the hormone cortisol, which promotes alertness. To avoid feeling too alert when you want to sleep, avoid exercising in the three hours before bedtime.



LIMIT STIMULANTS



Like caffeine, alcohol, nicotine and other substances that may keep you awake. Stay away from these when it's close to bedtime and limit any consumption of caffeine to 4 to 6 hours before you want to fall asleep.

WATCH WHAT - AND WHEN - YOU EAT AT NIGHT

Finish your evening meal several hours before you go to bed and avoid foods that you know upset your stomach and could keep you awake.



BEDROOM HAVEN



Make your bedroom a comfortable environment for sleeping. It should be cool, dark and quiet.

AVOID LATE NIGHT STRESSFUL TASKS

Deal with stressful tasks earlier in the day or evening. It may be harder to relax and go to sleep if you engage in demanding tasks like paying bills or dealing with a difficult parenting issue just before bedtime.



DON'T WATCH THE CLOCK



Keeping an eye on the clock when you want to fall asleep (or when you wake up in the middle of the night) can increase stress and make it harder to sleep. Turn your alarm clock's face away from the bed. If you use a mobile phone alarm, set your phone face down.

STAY AWAY FROM ELECTRONICS

Be careful about television, radio and computer activities just before bed, as they may be overly stimulating. Have a last check-in time for email, text messages, social media and other online activities. Don't bring your tablet, smartphone, or other electronics to bed.



STILL CAN'T SLEEP?



If you can't get to sleep within 20 minutes of going to bed or if you wake up in the middle of the night and can't get back to sleep, get up and do something relaxing until you feel sleepy again. Try reading or listening to soothing music.

These tips were adapted from the Unum LifeWorks article Ten Tips for Getting a Good Night's Sleep. © 2015 Ceridian HCM, Inc. All rights reserved. Unum LifeWorks is an employee assistance programme delivered by Ceridian.

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