



Top 10 Tips to a Better Sleep

1. If you don't feel safe, talk to someone you trust such as your doctor or a counsellor
2. Reduce caffeine, alcohol, tobacco and other drugs
3. Manage your pain
4. Review your medication
5. Increase exercise and activity levels especially in the morning
6. Increase morning light, reduce night light
7. Manage your daytime stresses
8. Establish a regular bedtime routine
9. Make your environment comfortable
10. Share your carer responsibilities

