

The 10 Commandments of Good Sleep

...as recommended by Professor Jason Ellis



Improve the quantity and quality of your sleep from morning to night

1

Keep a regular sleep/wake schedule

This helps the body's sleep system stay in harmony and promotes feelings of sleepiness.

2

Get out into natural light as soon as is practical in the morning

Natural light helps reset our internal body clock.

3

Engage in daytime exercise

Exercise promotes the quality of your sleep. However leave a window of at least 2 hours before bedtime without exercise.

4

Avoid stimulants that contain caffeine 8 hours before bedtime

Give yourself enough time between your last caffeine intake and your sleep time.

5

Don't go to bed full, hungry or thirsty

A balance should be struck between being sated but not full up before we go to bed.

6

Reduce electronic use before bedtime and avoid electronic use in the bedroom

Using electronics just before bed and in the bedroom can keep us awake for longer.

7

Don't use alcohol to sleep

Our sleep tends to become fragile and light when we have a lot of alcohol in the evening and can lead to lots of awakenings.

8

Avoid nicotine before bed

Nicotine is a short-acting stimulant that can keep you awake.

9

Make the bedroom cool, dark and quiet with a comfortable bed

Heat, light and noise can impact on our sleep and increase the chances that we wake in the night.

10

Ensure that bedroom clocks are not visible

For some of us, watching the clock can increase our anxiety levels and further disrupt our sleep.



The Sleep Council
helping you get a better night's sleep

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