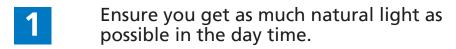# Sleeping well

A good sleep routine is essential for your health and wellbeing and the safety of your colleagues and patients. This is particularly important if you are working at night. Here are some top tips to help you sleep well:

Top tips

1 Ensure you get as much natural light as possible in the day time.

2 Make your bedroom as dark, quiet and comfortable as possible.

3 Eat regular healthy meals and stay hydrated.

4 Minimise alcohol, caffeine and nicotine, especially in the evening.

5 Exercise regularly in the day time.

6 Limit the use of electronics 60 minutes before bed.

7 Consider relaxation strategies to help you 'wind down'.

8 Aim to sleep at the same time each day, setting a good sleep/wake time routine.

Visit the *Showing we care about you* GT*i* pages for information about **HALT** and the support available to help you look after your health and wellbeing.

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