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.