

# HEALTHY LIFESTYLE TIPS

1. **Exercise regularly.** Even a short walk each day can help. The more activity you do the healthier you will be. The healthier you are the better you will sleep.
2. **Eat a balanced diet.** As with exercise, a healthy diet will help you achieve a healthy sleep pattern. In particular, avoid heavy meals late at night.
3. **Minimise caffeine intake** (and ideally avoid after about 4.00 p.m.). As well as coffee, this includes tea, most soft drinks and chocolate.
4. **Avoid excessive alcohol.** Although most people find alcohol helps them to get off to sleep, it usually contributes to night-time waking.
5. If you want an evening drink instead of alcohol or coffee, **try alternatives** such as warm milk (which can be sweetened with honey or drinking chocolate), or any of the large range of herbal teas now available.
6. **Address other issues in your life.** If you have problems at work, problems with your partner, or anything that might cause you to feel stressed or worried, sorting them out will help you to sleep. If you are depressed or anxious, seek professional help. Remember, there are effective solutions for these problems.