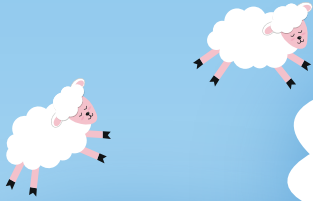# 10 TIPS TO A GOOD NIGHTS SLEEP

COLEG CAMBRIA

Have the room in complete darkness, not even a small light on your phone

Develop a bedtime routine

Write down any thoughts which keep popping into your mind

Don't drink caffeine after 3pm

Don't have the room too hot

Come off electrical monitors at least 1 hour before bed

Make sure your pillow and mattress are comfortable for you

Eat a banana before bed

Drink a cup of peppermint tea

Don't nap in the daytime