

Sleep Smarter: Unlocking the Secrets to Better Rest

Key Takeaways

Sleep Hygiene Tips

1

Optimise your bedroom (minimal sounds, dim lighting etc.)

2

Build good tech habits (turn off all screens >1h before bed)

3

Set up a sleep schedule

4

Try a power nap or coffee nap

5

Optimise food & exercise (no stimulants or exercise <2 h before bed)

6

Start a bedtime routine

STAY CALM

when you still can't fall asleep.

- There will still be nights when you have difficulty falling asleep
- If you can't fall asleep after 20 minutes, **leave your bedroom and do something relaxing somewhere else**
- You don't want your mind to associate your bed with frustration
- Do the same if you wake up during the night and can't fall back asleep

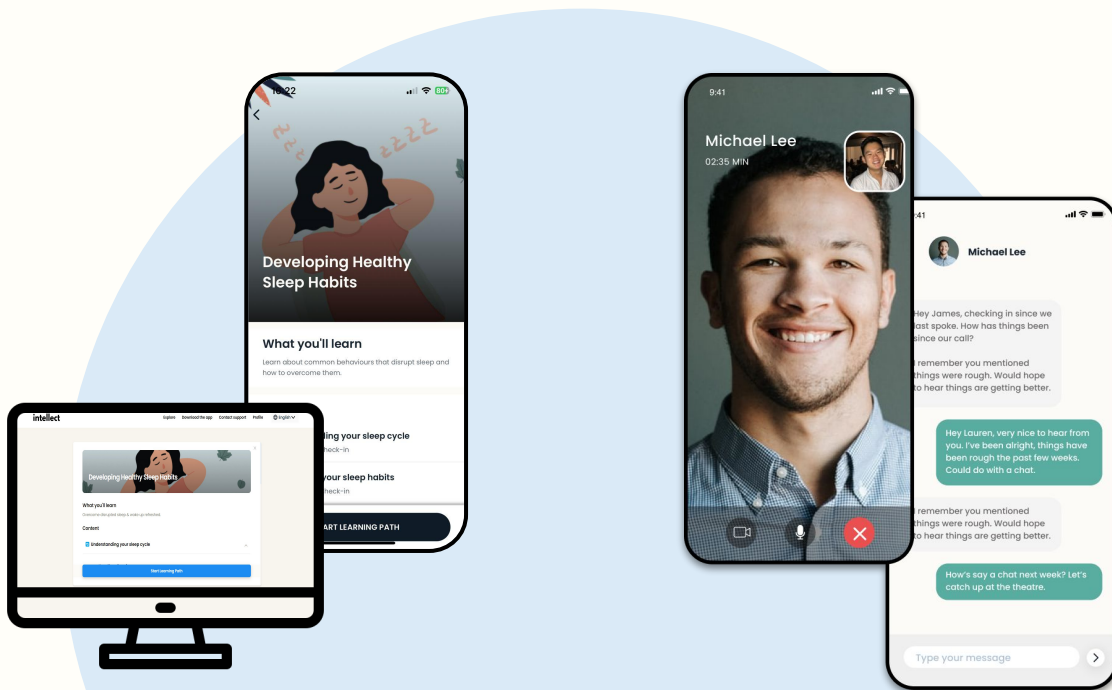
Tips

- Don't focus on the time; it will just cause unhelpful anxiety
- Read a book, sketch, or do another calming activity that can be done in low lighting
- Do NOT turn on your electronics!



From Insight to Action: Put Your Skills to Work Today!

*Sleep smarter with immersive
self-guided learning modules and 1:1 coaching support*



Developing Healthy Sleep Habits Learning Path

Structured learning path to help you overcome
disrupted sleep & wake up refreshed

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