

MIND YOUR HEAD



STRATEGIES FOR ACHIEVING A BETTER NIGHTS SLEEP..

The 4 R's of good sleep:

1. Regularity
2. Routine
3. Restful bedroom and
4. the Right bed

Regularity of bedtimes and arising times reinforces this synchronisation and enables good sleep and good awakenings.

Routines that are associated with going to sleep signal the brain that it is time to wind down.

Reading, watching television, listening to the radio, eating, drinking, playing computer games and working should all be reserved for 'day' rooms not bedrooms.

A restful environment, both bedroom and bed, is essential for good sleep. A dark, cool, non-humid, quiet room associated with the right bed and bedclothes is the ideal.

