

Why is this important?

Getting a good night's sleep can have a direct effect on our wellbeing. It can affect the way we feel, our appetite, how quickly we recovery from illness or injury and also our general mental and physical functioning.

Try using some of our suggested tips or adding your own for a good night's sleep.

connect

Send a loved one a 'good night' message before putting your phone down for the night.

My ideas...

Visit bit.ly/connectuom for more ideas

give

Use this [gratitude journal](#) to record three things you're grateful for.

My ideas...

Visit bit.ly/uomgive for more ideas

take notice

Try a mindfulness exercise before you get into bed or listen to a sleep practice.

My ideas...

Visit bit.ly/uomtakenotice for more ideas

be active

Exercise during the day to have a deeper sleep. Don't exercise in the 2 hours before sleep.

My ideas...

Visit bit.ly/uombeactive for more ideas

be healthy

Include a non-caffeinated herbal drink in your wind down routine.

My ideas...

Visit bit.ly/behealthyuom for more ideas

learn and discover

Read a book or listen to a podcast to help you wind down.

My ideas...

Visit bit.ly/learnanddiscover for more ideas