

Why is this important?

Getting a good night's sleep can have a direct effect on our overall wellbeing. It can affect the way we feel, our appetite, how quickly we recovery from illness or injury. It also has a significant impact on memory and focus, which are crucial for studying!

Setting a helpful evening routine can improve our sleep quality greatly. Try and create a routine that works best for you and follow it every night, as this will help to signal to your body that it is time for sleep.

During the day

Aim to get at least 30 minutes of daylight to help keep up your body's natural rhythms. You should also try to fit some physical activity into your day as this creates a deeper sleep at night. Try [these planners](#) to help.

3 hours before

Try and eat your evening meal around 3 hours before you want to sleep. Digestion of food releases energy, which may keep you awake if you eat later.

2 hours before

At this point in the day, you should begin to wind down. Try to finish working, studying or exercising before this point to allow yourself to relax.

1 hour before

Try and limit your screentime at this point. You could do something relaxing like drink a non-caffeinated drink or take a warm bath or shower.

You could also find it useful to use [this gratitude journal](#) at this point to help alleviate anxiety and worry.

Just before

Make sure that your room isn't too warm, as cooler temperatures are better for sleep. Put on a mindfulness practice for sleep and let yourself drift away.