














## TIPS FOR GETTING A GOOD NIGHT'S SLEEP.....ZZZZZZ

	Sleep is important so your mind and body can rest after a big day.
	Everyone has trouble sleeping sometimes. Don't worry, these tips can help you sleep better.
	Try not to eat too close to bed time – wait half an hour after eating, before you go to bed.
	Sugary drinks like cola will keep you awake – try not to have them in the afternoon and evening.
	You will sleep best if your room or bed are not too hot or too cold.
	Get some fresh air, sunshine, and exercise – it can be anything!
	A warm bath or shower just before bed helps you to relax.
	A warm milk drink before bed helps you to relax - if you like it!
	Go to bed at the same time each night - it really helps.
	Go to the toilet just before bed – you are less likely to wake up.
	You need a break from TV, Phone or Tablet at least half an hour before bed to help your brain get ready for sleep. Try reading a book, listen to music, or play with your toys instead.
	Make the room darker with curtains or a blind. Use a night light if you want to.
	A soft toy or cuddly bear to snuggle can help you to relax.