RAISE YOUR FOCUS GAME

If you can't fall asleep in 15 minutes, leave the bedroom. Sit somewhere quiet, like the couch, and read a book for 15–20 minutes or until you get sleepy. Then go back to bed.
Try some relaxation techniques like basic rhythmic breathing, meditation or guided imagery.

Good routines

Wake up at the same time every morning

30 minutes before bed turn off screens

Lights out same time every night

Good habits

After 6pm avoid caffeine, alcohol & chocolate

Before bed, relax – read, take a warm bath, listen to soft music

Make sure your bedroom is cool, dark, quiet

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