

Things to help you sleep



EasyRead Version

What is sleep?



We all need sleep.

We usually sleep at night.



If you do not sleep at night you will feel tired and grumpy in the day.



Sleep can help your health and wellbeing.



Sleep can help you to learn new things.

Things that will help you fall asleep



Go to bed at the same time every day. Even at the weekend.



Do the same things before you go to bed.



Relax before you go to bed.



Make sure your bed is comfortable.

Things that will stop you from falling asleep



Do not eat big meals late at night.



Do not drink alcohol before bed.



Do not drink things with caffeine late at night.

This is drinks like coffee, tea or coke.



If you cannot get to sleep go into another room until you feel tired.