



Ashby Sleep Solutions

Sleep Well
Dream happy

How to improve your sleep



- 1. Sleep Regularity - Bed & Wake time the same everyday. Allows the body to better anticipate sleep, leading to better quality sleep.**
- 2. Create a relaxing bedtime routine. This could include end of the day thoughts journal, meditation or techniques such as deep breathing.**
- 3. Keep your bedroom cool, dark, and quiet to promote better sleep**
- 4. Try to avoid screens at least an hour before bedtime. The light can cause disruption to your melatonin production. .**
- 5. Regular physical activity can improve sleep quality, but avoid vigorous exercise close to bedtime as it can be too stimulating. Be mindful of your caffeine and alcohol intake, as these substances can disrupt your sleep patterns.**