# Can't switch off? Wind down first.

Small changes to your day and evening can make a real difference to how well you sleep.

**MORNING**

**Get up at the same time** each day, even at weekends.

**Get daylight** as soon as you can.

**AFTER LUNCH**

**Have your last coffee** by early afternoon.

**EVENING**

**Dim the lights** an hour before bed.

**Write tomorrow's to-do list,** then put it away.

**BEDTIME**

**Keep your bedroom** cool, dark and quiet.

**STILL AWAKE?**

**After 20 minutes, get up** and do something calm until you feel sleepy.

If poor sleep goes on for weeks, talk to your GP.

FREE 2-MINUTE CHECK-IN

**How are you doing this week?**

Scan for a free, private wellbeing check-in. No app, no login, and your results straight away.

OptiMe

**Free guides and posters**
optimewellbeing.com/resources