

# Sleep Hygiene

[ulstergaa.ie/pals](http://ulstergaa.ie/pals)

Performance & Lifestyle Resource

What's stealing your sleep?	Strategies to improve sleep
Using phone in bed and being woken by incoming alerts	Turn phone off at set time
Find it hard to 'Switch off and relax'	Avoid TV, tablet or phone 1hr before bed. Try taking a bath or shower or read a book
Naps too late in the evening	Plan short naps in the afternoon / early evening

Name: \_\_\_\_\_

Date: \_\_\_\_\_

