

# SLEEP TIPS

FOR OLDER PEOPLE



## DO



Get lots of exercise during the day

Meditate before bedtime



Make sure the temperature of the room is just right - not too hot or too cold



Keep the bed a place for sleep, rest and intimacy



### IF I WAKE UP DURING THE NIGHT

- ✓ Get out of bed
- ✓ Listen to the radio or a podcast
- ✓ Meditate
- ✓ Have a small cup of a warm drink
- ✓ Stay away from screens



## DON'T

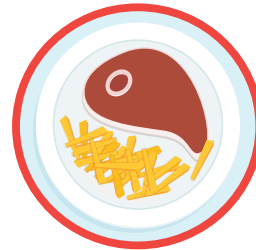


Drink excess alcohol before bedtime

Drink coffee or drinks with caffeine




Eat a big or heavy meal



Drink lots of water before bedtime



 Daytime naps are fine - but keep them short, 15 to 45 minutes

**WOOLCOCK**

LEADERS IN BREATHING & SLEEP RESEARCH



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