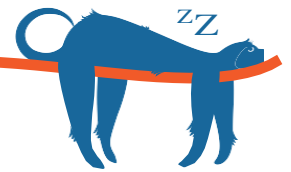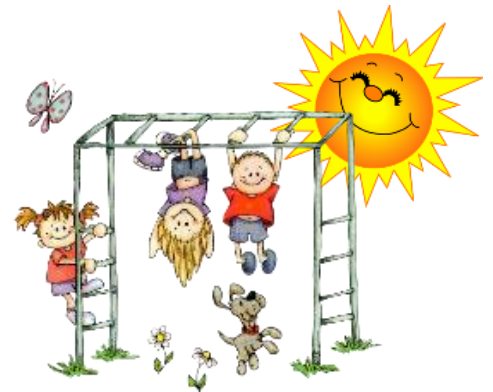# How to sleep well P1-2

During the day

Get out into the daylight for at least half an hour every day

Get plenty of exercise

In the evening

If you have any homework you should do this as soon as you can so you don't have to worry about it

The hour before bed

Keep the light low

Relax by having a nice warm bath

Have a healthy snack, milk is very good for helping you sleep

Don't watch anything with a screen for the hour before bed, read a book or do something quiet like drawing

Bedtime

Your bedroom should be dark and cool

Go to bed and get up at the same time every day - stick as closely as you can to this - even at the weekends