Enhancing well-being with good sleep habits

Avoid screentime use at least half an hour before going to bed

Avoid large meals, caffeine and alcohol before bedtime

Keep a consistent time to go to bed and for waking up

Ensure adequate exercise

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Establish a bedtime routine

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Avoid activities in the evening which increase your heart rate such as high intensity exercise, drinking caffeine, watching horror or action movies, etc.

Create a relaxing pre-bedtime routine, such as taking a hot shower, reading a light book, taking a stroll etc.

Try to keep a consistent time for going to bed and waking up, and sleep in a cool, quiet and dark room.
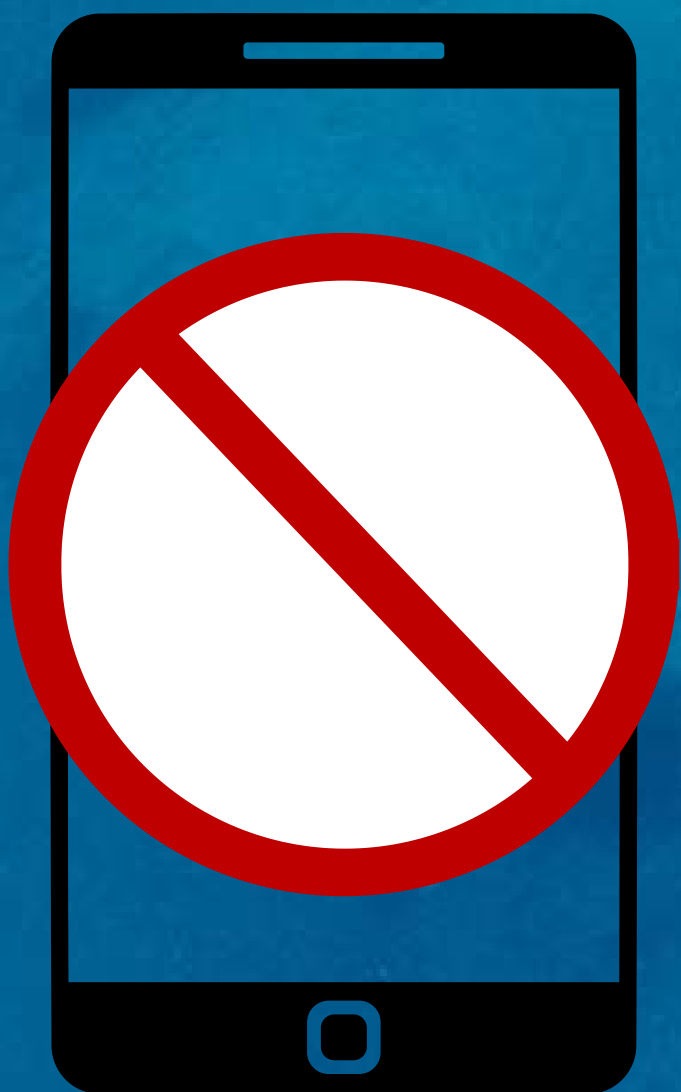
Keep away phone, laptop, etc. at least an hour before going to bed.

Have dinner an hour before going to sleep and avoid foods that can disrupt your sleep, such as alcohol, spicy food, etc.

Engage in regular exercise