

Sleep Problems

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1. Have a regular bedtime.
2. Don't go to bed if you're not sleepy.
3. No SIESTAS!!!!!!!!!!!!!!
4. Don't watch TV in your bedroom.
5. Take a bath or drink milk before you go to bed.
6. Learn relaxation techniques like yoga or meditation.
7. Don't read disturbing news. Read a book not a paper.
8. Avoid tea, coffee and other stimulants.
9. Alcohol does not help you sleep. Don't smoke either.
10. Exercise regularly.