

Helpful ways to improve sleep quality



Maintain a regular bedtime and wake time routine.



Exercise regularly. Light exercise can be included in the evening.



Avoid large meals before bed.



Avoid nicotine, alcohol and caffeine 4-6 hours before bedtime.



Switch off or avoid using electronic device (e.g., mobile phone, computer or television) at least 30 minutes before bedtime.



Keep your bedroom dark, cool, quiet and comfortable.