Tip of the week – **“Good sleep habits”**

As well as considering nutritional strategies, you should think about your sleep regime and environment and make changes where necessary.

Top tips for ensuring a great night’s sleep:

* Ensure your bedroom is quiet, dark and at a comfortable temperature
* Avoid eating a large meal during the 3 hours before bed
* Do not exercise within 3 hours of going to bed (where possible)
* Keep your bedroom for sleeping – remove electrical equipment (TVs & mobile phones etc.)
* Take a warm bath before bed, perhaps adding a calming aromatherapy oil (such as lavender) to the water
* Try to avoid coffee or alcohol in the afternoon or evening
* Wear loose comfortable clothing in bed
* Eat regularly throughout the day to balance blood sugar