

### Light

Make your room as dark as possible using blackout curtains or a sleep mask as light can disrupt sleep.

### Screen time

Don't use screens an hour before bed as the blue light used in modern technology makes your body think it is daytime and you need to be awake. This tip is vital for good sleep.

### Noise

Noise can be an issue, especially in student halls. Earplugs or noise cancelling headphones can help create a peaceful environment for sleep.

### Caffeine and liquids

Don't drink caffeine after 4pm as this is a stimulant. Also try to stop drinking any liquids two hours before bed so you aren't woken in the night needing to go to the toilet. Drinking plenty of water during the day will help with this.

### Temperature

The body sleeps well when it is cooler than it has been throughout the day. If possible open your window during the day so your bedroom is nice and cool for sleep. However, if the room is very cold you may find it hard to sleep.

### Food

Food needs time to digest so if you go to bed having recently eaten a heavy meal, your body will find it hard to shut down for sleep.

