

Top Tips for A good night's sleep

The staff at The Berkeley have put together their top tips for a good night's sleep to help you feel calmer and ready for the day.

1) **Keep active and busy in the day** - this will help you feel tired from using lots of energy. Mr Wagg likes to go out for a run each day.



2) **Go to bed at the same time each night.** Your body is super clever and gets used to being in a routine. If you go to bed at the same time each night, your body will naturally begin to feel tired and ready for sleep at that point each day.



3) **No technology for an hour before you go to bed...** tricky we know! Anything that keeps your brain busy wakes you up and stops you from sleeping. Phones, I pads and computers give off a bright light that can keep you awake. Mr Swift likes to listen to quiet music before he goes to bed.



4) **Eat properly throughout the day.** You won't sleep if you are hungry but don't eat sugary snacks the hour before you go to bed. Miss Brown makes sure she has a big meal so that she is full and ready for a good sleep.

5) **Have the right amount of light.** We know some of you like a big light on when you go to sleep but sometimes that can be too bright and keep you awake. A smaller, gentler light helps you to sleep. Mr Nixon has a cloud light that helps him to sleep.



6) **Stay in bed.** Getting out of bed lots keeps your brain busy and wakes you up. Go to the toilet just before you get into bed.

7) **Don't let your brain be the boss!** When you are trying to sleep, if you find your mind worrying about things, try to teach your brain to think about something nicer. Like what game you will play tomorrow.

If you follow these simple rules, we are sure you will have a super sleep and feel much calmer.

