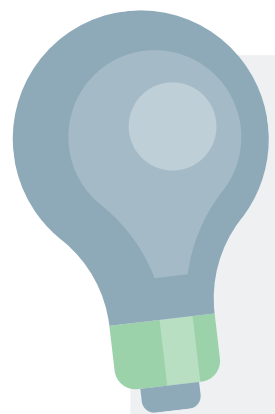


What's the secret to a good night's sleep?



Reduce Blue Light

Get your body back into its natural rhythm by trying some simple tricks...

Avoid looking at **bright screens two to three hours before bed**, **switch your bedside lamp for a dim, red bulb**, and look at installing **special apps that filter the blue/green wavelength** at night!



Explore Sleep Apps

Technology has brought about many benefits that can assist us in our daily lives. Some sleep-aiding apps work by **tracking sleep throughout the night, monitoring for any movement or patterns, and finding the best time** (within the time frame specified by the user) to wake the body up as naturally as possible.



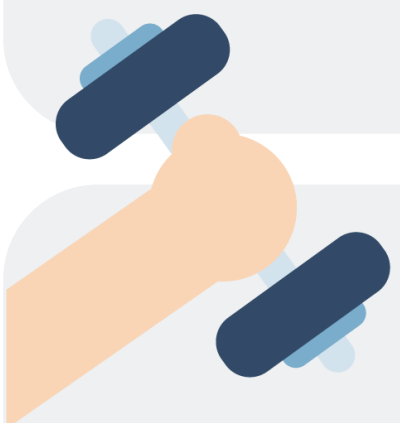
Schedule Your Sleep

It might be an idea to **hit the sack earlier than usual** if you wake up throughout the night. You can **easily catch up on sleep** by trying small steps, like **adding an extra hour or two to your sleep**, or by **going to bed tired** and only **waking up when your body does so naturally** (read, no alarms!)

Meditate Your Mind, Body & Soul

Meditation can be one of the most effective things to try if you're a **late-night thinker!**

Meditation **can help you fall asleep faster**, it's **free**, **doesn't take too long to do**, and can **enhance many other areas of our lives (such as focus and mood)**.



Exercise Regularly

Exercising has oodles of benefits, one of them being how it **can make our bodies feel tired which helps us to sleep better and more deeply**. Remember, upping your exercise can produce stimulatory effect and hormones that make us feel more alert and awake, so **don't do it too late at night!**

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