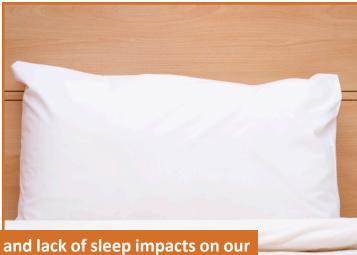# Top tips to help you sleep

Sleep is vital for learning and memory and lack of sleep impacts on our health, safety, and longevity. Fatigue can be both mental and physical. Research shows that sleep is as important for health as eating, drinking, and breathing. This is a good reason to ensure that you get enough good quality sleep every night.

You probably know how you feel when you're fatigued, but there are some common symptoms which accompany fatigue:

- Feeling exhausted, accompanied by a general lack of energy.
- Muscle weakness.
- Lethargy.
- Lack of motivation to do anything.
- Difficulty concentrating.
- Difficulty staying awake during periods of quiet.
- Difficulty starting and completing tasks.

Identifying lifestyle factors which cause fatigue can help you to cut out bad habits to sleep better. Lifestyle factors which can cause fatigue include:

- Disturbed or insufficient sleep.
- Unhealthy eating habits.
- Excessive use of stimulants like caffeine and nicotine.
- Alcohol use or abuse.
- Excessive physical activity or lack of physical activity.
- Certain medications which act as stimulants.

If you are having difficulty dozing off, here are our top tips for a good night's sleep:

- Keep regular hours. Try to go to bed and get up at the same time every day.
- Avoid stimulants like caffeine. This will help you get deep sleep which is most refreshing.
- Use the bedroom for sleeping. Avoid watching TV or using laptops in bed.
- Avoid bright light before bed.
- Stop exercising three hours before bed.
- Don't go to bed hungry. Have a light snack before bed.
- If you can't get to sleep for over 30 minutes get out of bed and do something boring in dim light until you are sleepy.
- Make sure your bedroom is dark, cool, and quiet.
- If you have a sleeping partner, ask them if they notice any snoring, leg movements, and/or pauses in breathing. If they notice any of these, you may have a sleeping disorder.

Most people suffer from fatigue and overwork at some point during their working lives. Most fatigue is preventable by simply changing some basic lifestyle factors. Some fatigue is caused by medical or psychological conditions and these too can be treated. Fatigue does not need to be debilitating.

If you are concerned about not getting enough sleep, see your doctor.

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Healthy lifestyle