

**Better Sleep Starts Here:**

# Simple Habits for Quality Rest



Simple changes in daily routines can make a real difference. Try these tips and practical ways to support better sleep so you can feel more energised, focused, and ready to take on the day.



## Stick to a Sleep Schedule

Try going to bed and waking up at the same time each day — even on weekends. A regular routine will help your body find its natural rhythm, making it easier to fall asleep (and wake up!) feeling refreshed.



## Manage Stress

Little moments of calm throughout the day can make a big difference at night. Strategies like deep breaths, stretching, or doing something you enjoy — can help your body relax and prepare for more restful sleep.



## Get Some Morning Sunlight

Natural light in the morning helps your brain know it's time to be awake, which makes it easier to wind down later. A 20–30 minute walk in the morning is a great way to reset your body clock.



## Create a Calm Bedtime Routine

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## Move Your Body Daily

Aim for 30 mins of movement during the day (walks, dancing, anything!). Try to wrap up any intense exercise at least 1–2 hours before bed so your body has time to wind down.



## Give Yourself Enough Sleep Time

Most adults need 7–9 hours of sleep each night, but everyone's different. Pay attention to what helps you feel rested and try to give yourself the time you need to fully recharge.

Find more tools to build healthy sleep habits at [www.smilingmind.com.au/science-of-sleep](http://www.smilingmind.com.au/science-of-sleep)

