

Getting good sleep is almost as important as actually getting sleep.

Decide on the **best time to have your alarm set**. Stick to that time as best you can as this will set your sleep onset time at night. Try not to vary this too much on days away from work. Regularity assists sleep.

Ensure others around you respect your sleep. If they are aware of the possible consequences associated with you being tired at work or while driving, they will make more effort to avoid waking you or stopping you from going to sleep.

Keep the bedroom as a sanctuary for you, away from children, television and other media or anything else that is not concerned with sleep.

If either you or your partner has a sleep disorder, make a concerted effort to either fix or control the disorder. Remember, **a sleep disorder, is a shared disorder!**

If you sleep with someone else, **try to keep the same bed times and sleep times.** This both reduces opportunities for the partner to wake you in the early night and improves relationships as the 'couple' are in bed together for the same reasons.

Avoid anxiety at bedtime. Allow time prior to going to bed to discuss, write down or act on what could be causing the anxiety. Take time to 'Brain Dump' what is bothering you.

Get your room right. This includes room temperature, bedding, curtains or black-out material, security, etc.

