

Healthy Habits for a Good Night's Sleep

This leaflet provides information and advice about sleep behaviour and simple changes that may help improve the quality of your sleep.

Why is it important to have a good night's sleep?

There are strong links between poor sleep quality and some causes of dizziness. For many people, improving sleep can help reduce overall symptoms and support recovery. Because of this, it is helpful to look at your sleep habits if you experience dizziness.

What can I do to improve my sleep?

Sleep hygiene refers to a set of healthy habits that help you fall asleep more easily and stay asleep throughout the night. These habits are considered one of the most effective long-term approaches for people with ongoing sleep difficulties.

Good sleep hygiene can help you:

- Manage thoughts and behaviours that interfere with sleep
- Reduce stress
- Improve relaxation

Your daily routines—such as what you eat and drink, the medicines you take, and how you spend your evenings—can all affect the quality of your sleep. Even small changes can make a meaningful difference.

Tips for better sleep

- Aim for **7–8 hours of sleep per night**.
- Keep your sleep schedule consistent, even on weekends.
- Create a comfortable and quiet sleep environment.
- Avoid caffeine, alcohol and large meals close to bedtime.
- Limit screen use during the hour before going to bed.
- Consider completing a **two-week sleep diary** to help you understand how your routines affect your sleep.

Digital tools that may help

Several NHS-recommended apps can support healthy sleep habits, including:

- **Sleepio**
- **Every Mind Matters**
- **Headspace**

These can be downloaded onto your phone and may help you develop better sleep routines.

Top Tips

Follow these tips to establish healthy sleep habits:

- Keep a consistent sleep schedule. Get up and go to bed at the same time every day, even on weekends or during holidays.
- Set a bedtime that is early enough for you to get **at least 7 hours of sleep**.
- Don't go to bed unless you are sleepy and don't go past your natural sleepy point. Learn to recognise when your body is ready for sleep at night.
- If you don't fall asleep after 20 minutes, get out of bed.
- Establish a relaxing bedtime routine.
- Use your bed **only** for sleep and sex.
- Make your bedroom quiet and relaxing. Keep the room at a comfortable, cool temperature.
- Limit exposure to bright light in the evenings.
- Turn off electronic devices at least 30 minutes before bedtime.
- Don't eat a large meal before bedtime. If you are hungry at night, eat a light, healthy slow energy release snack.
- Exercise regularly: 30 minutes of moderate exertion exercise in the daylight, preferably the morning, every day
- Maintain a healthy diet.
- Avoid nicotine, caffeine and other stimulants altogether if possible.
- Avoid consuming alcohol before bedtime.
- Reduce your fluid intake before bedtime and try not to drink anything for 90 minutes before bed. Go to the toilet before going to bed.
- If your mind goes over things in bed write a detailed note or list before you go to sleep.
- Have a daytime nap (20-40 minutes) but try to do this **before 3-4pm**.

Good sleep habits: worksheet

Looking at your sleep diary and routine what things do you think you can change to help you get to sleep and stay asleep?

| Good sleep habits | Comments Am I doing this? How am I doing it? How can I improve it? |
|-------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------|
| Set a constant bed time | |
| Set a constant wake time | |
| Do not take naps after 3pm | |
| Have a pre-sleep ritual | |
| Use the bed only for sleep and sex | |
| If unable to sleep for more than 20 minutes, get out of bed and do something quiet and relaxing | |
| Take a warm bath | |
| Keep temperature of room constant not too warm, not too cold | |
| Make the bedroom a relaxing and soothing place to be. | |
| Keep the bedroom dark | |
| Avoid caffeine, nicotine, and alcohol before bed | |
| Eat a light snack before bed | |
| Avoid stimulating activities; do mentally quiet tasks | |
| Use relaxation techniques (breathing, imagery) | |