

SMALL CHANGES FOR BETTER SLEEP



Healthy Families
County Durham

Start with one. Small and repeatable beats perfect.

1

Keep wake-up time steady

A regular morning helps set the body clock.

2

Make the last hour calmer

Dim the lights and swap stimulating activities for quieter ones.

3

Move screens away

Choose a charging spot that is not beside the bed.

4

Check light, noise and comfort

Adjust the room to suit the sleeper — especially their sensory needs.

5

Put worries somewhere

Write them down or talk about them earlier, rather than carrying them into bed.

Better sleep can take time. If difficulties continue or affect daily life, ask a health professional for support.