Five ways to get a better night's sleep

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Get your body clock working for you.

Your body can get into a stable rhythm by going to bed at the same time every night and waking up at the same time every day.

Stay active.

Try giving your body a good workout and rewarding it with a rest. Regular daytime exercise should help you to sleep for longer.

Eat at the right time.

You'll sleep better if your stomach isn't rumbling or if it's busy digesting food, so have your last meal a few hours before bed.

Develop a routine.

Your mind and body can start to wind down earlier if you have a consistent pre-sleep routine.

Start to switch off.

Build some offline time into your routine before bed. Try taking a bath and avoiding screens.