

## Try these things during the day to sleep better at night



**Get natural light first thing in the morning.** Early morning sunlight helps you sleep better at night because it regulates your sleep-wake cycle and encourages good sleep patterns.

### **Make time for movement during the day.**

Physical activity during the day can improve your sleep, so try to make time for exercise - whether it's a walk, stretch, or team sport. All movement makes a difference.



**Avoid too much caffeine.** Try to stick to a reasonable amount of caffeine each day and enjoy it early on in the day. Try to avoid caffeine for at least six hours before bed.

**Do a 'Worry Map'.** Use the Worry Map tool in the Groov app to release worries throughout the day, clearing your mind for bedtime.



**Get more sleep tips in the Groov app →**

