

GOOD SLEEP

POOR SLEEP



Reading at bedtime



Having a bath in the evening



Regular bedtime routine



Dark bedroom



Ventilated bedroom 18-24C



Daily exercise



Clean and tidy bedroom

Turn off Xbox

Are you sure you want to turn off your Xbox?

Yes

No

Screen off 1 hour before bedtime



Screen time before bed



Staying up late



Bedroom too bright



Bedroom too hot



Bedroom too cold



Feeling stressed



Noisy house



Having caffeine in the evening