

NICOLA MORGAN'S  
TOP TIPS FOR  
AN  
**AWESOME  
NIGHT'S  
SLEEP**



1. Make sleep a serious project: learn the tricks, tips and science so you feel brilliantly informed.
2. Decide when you need to go to bed to get 8-9 hours of sleep. When possible, go to bed at the same time each night.
3. Create your cave: a good sleeping place is dark, quiet, safe and not too warm.
4. Switch off screens, especially phones: they wreck your peace and wake your brain.
5. Make good choices in the 1-2 hours before sleep: lots of 'sleep positives' (things that help) and no 'sleep negatives' (things that harm sleep).
6. Build your routine: pick some sleep positives and do them in the same order each evening. Brains love routines!
7. Learn tricks to push anxiety away and calm your heart rate. Lots of ideas in *The Awesome Power of Sleep*.
8. Don't focus on going to sleep: focus on happy or useful thoughts.
9. Don't look at your clock after you've switched your light off.
10. Don't worry about not sleeping. You won't come to harm if you have a phase of bad sleep. It will soon pass. And if you have an exam, adrenaline will save the day!

For MUCH more and all the fascinating sleep science, read **THE AWESOME POWER OF SLEEP**  
Visit [www.nicolamorgan.com](http://www.nicolamorgan.com) for resources for schools and families