



## What's keeping you awake?

Sleep can be affected by various factors, such as the light, noise, and temperature in your bedroom, not to mention how much food, caffeine and alcohol you've had before bedtime. Bear in mind that smart phones, tablets and laptops all emit large amounts of disruptive bright blue light which stimulates the brain and stops you from relaxing. Turn down the brightness on your devices or, best of all, switch them off at least an hour before bed.

**Do all you can to get 7 to 9 hours sleep a night!**

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