KK Women's and Children's Hospital
SingHealth

Your Guide to Better Sleep

Benefits of Good Sleep

Better School Performance

Better Health

Weight Control

Clearer Skin

Better Mood
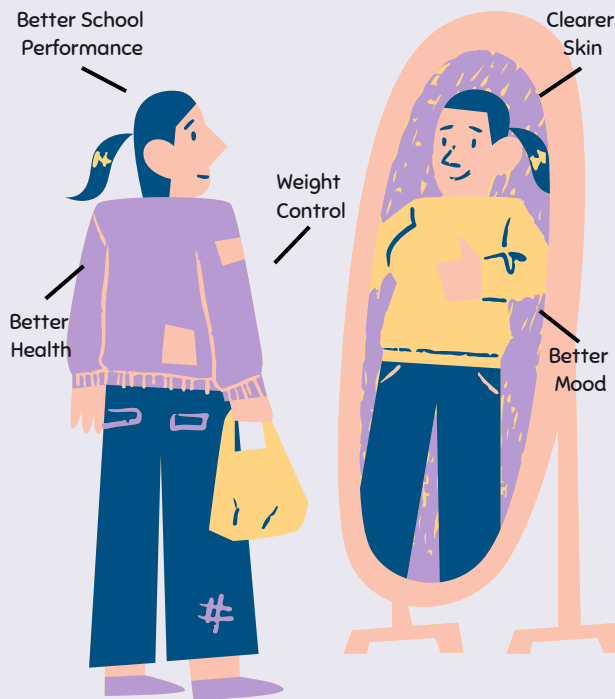
Aim for 7 to 9 hours of sleep daily!

Tips to Improve Your Quality of Sleep

1. Be Consistent
Go to bed and get up at the same time every day. Give yourself time for this new routine to stick!

2. Bedroom Environment
Create a dark, quiet and cozy environment in your room.

3. Disconnect From Devices
It's hard, we know! But blue light keeps us awake and hinders sleep.

4. Avoid Large Meals
Skip supper! Give your body time to digest food before you sleep.

5. Create a Routine
Build a relaxing bedtime ritual. Try stretching, journaling or reading before bed.