

Why am I not sleeping well?

Lifestyle

- Partying too often
- Pulling all nighters
- Going to bed late
- Sleeping in
- Napping during the day
- Blue light from your phone
- Irregular waking and sleeping times

Psychological

- Worry
- Stress
- Trauma
- Busy brain

Physical

- Caffeine after midday
- Not enough sunlight
- Bedroom too hot or too cold
- Bedroom not dark enough
- Exercising too late
- Using substances to get to sleep

