

Sleep and Routines

Practical strategies for improving sleep and daily routines.

Understanding sleep and routines

Stress, irregular routines, and difficult periods in life can affect sleep, energy, concentration, and motivation. Small changes to routines can help improve consistency over time.

What can help

Keep routines simple

- wake up at a similar time each day
- avoid changing routines too often
- focus on small consistent habits

Slow things down at night

- reduce stimulation before bed
- lower screen time if possible
- create a calmer evening routine

Support your body clock

- spend time outside during the day
- stay physically active where possible
- avoid relying on caffeine late in the day

Try this today

Choose one small routine you could improve this week.

Focus on consistency rather than perfection.

Small routines can build over time.

This resource provides practical wellbeing and self-help information. It is not an emergency or crisis service.

If difficulties continue or increase, additional support may help.

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