

# Tips for Better Sleep After 60

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## ***Stick to a Routine***

Sleep and Ageing 2. Go to bed and get up at the same time every day, even on weekends. This helps reset your internal clock.

## ***Get Morning Sunlight***

Try to spend time in the morning light. Natural daylight boosts melatonin production at night.

## ***Be Active During the Day***

Daily movement or exercise — even a walk — can help you sleep deeper and fall asleep faster.

## ***Watch What (and When) You Eat***

Avoid large meals, caffeine, and alcohol before bedtime. A light, healthy snack (like a banana or warm milk) can be calming.

## ***Avoid Screens at Night***

The blue light from phones, tablets, and TVs can interfere with melatonin. Switch off at least 1 hour before bed.

## ***Make Your Bedroom Sleep-Friendly***

Cool, quiet, and dark rooms are ideal. Try blackout curtains, a white noise machine, or a fan if needed.

## ***Practice Relaxation***

Gentle stretches, meditation, deep breathing, or listening to calming music can help prepare your mind and body for rest.