

## 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.