

# Break up with your phone at bedtime.

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Here are some **helpful tips** for a **good night's sleep**:

- Charge your phone outside the bedroom
- Use an alarm clock to wake you up
- Set your phone to 'Do Not Disturb' (or make this automatic at a certain time each day in your phone's settings)
- Create a new ritual for bedtime/wakeup – stretching, a cup of your favourite tea, reading or journaling.

