

EAP Tips – 4 Tips to Sleep Better



1. Have a 5-min breathing exercises before bed to relax your mind and fall asleep.

Reprinting of the article with the source stated is welcomed

If you are interested to know more about “**4 Tips to Sleep Better**”, please call our **24-hour EAP hotline** for Work/life Information, Coaching, Counselling and Consultation services. All information will be kept in **STRICT confidence**.



2. Write down things you need to complete on a to-do list to off-load stress and help you sleep better.



3. Switch off your computer and phone, put aside the stressors and enjoy the relaxing moment.



4. Keep your bedroom ventilated, quiet and dark to help you sleep through the night.