



**Sleep
Health
Foundation**

Improving people's lives through better sleep

healthy sleep, healthy ageing

WORLD SLEEP DAY MARCH 15 2019



What you do
during the
day will affect
your sleep



Be active,
get sunshine



Get up at
about the same
time everyday



Don't fall asleep
during the
evening before
bedtime



Your time in bed
should equal your
own personal
sleep need – no
longer, no shorter

www.sleephealthfoundation.org.au