



# Ways to Improve Sleep Difficulty





# CAUSES OF Sleep Difficulty



Stress



Poor Sleep Environment



Emotional Distress



Too Much Stimulation Before Bed  
(eg video game, caffeine, meal)



Inconsistent Sleep Schedule  
(eg napping, often staying in bed)



*Limit Stimulation before Bed*  
*(Avoid Electronic Devices)*  
*(Avoid Large Meal/ Caffeine )*



*Comfortable Sleep Environment*

# IMPROVING SLEEP HYGIENE



*Consistent  
Sleep Schedule*



*Reduce Stress*



*Exercise*



*Welcome to contact SDRC*

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