

Top tips for improving sleep:	
1	Accept that sleep is critical to good self-management of bipolar disorder and that routine is king
2	Go to bed at the same time every day and try to wake up at the same time every day
3	Only use your bed for sleeping and sex
4	If your mind is racing or you are worried about something, write it down on a piece of paper next to your bed and tell yourself that you'll think about it in the morning
5	Establish a 'boring bedtime routine' that involves a glass of milk, a snack, a bath and a book
6	Don't drink any coffee or tea after 6pm
7	Make yourself tired during the day with 20 minutes of exercise (eg, a vigorous walk)
8	Make sure your room is dark
9	If you really can't sleep, don't lie there worrying about not sleeping – get up, watch some TV or read for 20 minutes, then go back to bed
10	Never use alcohol to help you sleep – it will make things worse.