



Sleep Well

Your guide to a better sleep

● Habit

If you can get into the habit, you can always get out of it! Try going to bed and waking up at the same time every day (even on weekends). This will help to regulate your body's internal clock.

● Association

If we struggle to sleep then we may associate bedtime with frustration. Let's shift this frame of mind and begin to associate bedtime with sleep. If you can, remove the television from your room and don't look at screens before bed. Keep your room warm, dark and comfortable. This will help your body look forward to bedtime rest.

● Winding down

Our bodies need time to get ready for sleep. Try signalling to yourself at least an hour beforehand. Avoid heavy meals, caffeinated drinks, stimulating conversations and screen time. This will help your body and mind get in the mood for sleep.

● Writing it down

Sometimes, the worries of the day can play on us at night. Remind yourself that these are tomorrow's thoughts. Keep a notepad and pen by the bed and write down anything that you're worrying about. This will help you put it out of your mind until you have more energy to tackle it.

● Relaxation

The first stage of falling asleep can be the hardest. Give yourself a little encouragement. Use a relaxation technique before bed. Try counting some deep breaths: inhale, hold, exhale, and hold again. Or listen to relaxing music. Keep trying, explore different techniques and find what works best for you.

● The 30 minute rule

Sometimes we just can't get to sleep. Staying in bed when this happens can lead to more frustration. If you haven't fallen asleep after 30 minutes, get up and do something calming (e.g. breathing exercises), soothing (e.g. reading) or boring (e.g. putting laundry away). This will avoid making negative associations between going to bed and not sleeping.