



Sleep Better

What ideas can we try to help us sleep better?

Action

## Ways to help my body clock or circadian rhythm so I sleep for longer

- Gradually adjust the amount of sleep you have now to reach your goal
- Be aware if you are a morning lark or a night owl when setting targets for bedtime and waketime
- Have a consistent wake-up time and bedtime – even at weekends
- Get outside early in the day
- Use a lightbox / SAD lamp in the morning
- Switch off screens / bright lights an hour before bed

## Ways to help my brain be conditioned to sleep so I fall asleep more easily

- Make a plan to unwind before bed
- Change into night-clothes to sleep
- Avoid eating too close to bedtime
- Avoid caffeine later in the day
- Avoid intense exercise too close to bedtime
- Create an environment that is quiet, dark and cool
- Use breathwork to calm before sleep
- Journalling in the evening can help “park” thoughts

## Ways to help my sleep drive so I sleep more deeply

- Don't get into bed until you are ready to sleep
- Avoid napping during the day
- Try to plan some physical activity in the day

## Ways to help when I wake in the night

- If anything is worrying you, write it down in a notepad by the bed, or try breathwork to relax
- If you are still awake then get out of bed
- Go to the toilet / get a drink of water and return to bed to sleep
- If still awake, get out of bed again and go to a comfortable space to relax until you feel tired – then return to bed. Repeat as much as you need

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