SIMPLE SLEEP HYGIENE TIPS

DESIGNED BY ASHLEIGH DINE (SOCIAL WORKER, MARINOTO WEST)

WHAT IS SLEEP HYGIENE

Sleep hygiene is a fancy term that describes good sleep habits. Sleep hygiene tips are designed to improve good sleep and provide long term solutions to sleep difficulties.



SLEEP RITUALS

You can develop your own rituals of things to help remind your body it's sleep time like; having a bath, doing some stretches or having a hot chocolate!

GET UP AND TRY AGAIN

If you can't sleep after 20 minutes, get up and do something calming (or boring) until you feel sleepy then get back into bed and try again
p.s. this doesn't mean device time



BED = SLEEPING

Try not to use your bed for anything other than sleeping so that your body associates your bed with sleep!

EXERCISE MORE

Regular exercise is a good idea to help with good sleep. You can try yoga or progressive muscle relaxation.

KEEP YOUR ROUTINE THE SAME

One of the best ways to train your body to go to sleep well is by going to bed and getting up at more or less the same time *every day*.

Try avoid naps during the day to make sure you are tired at bed time

AVOID CAFFEINE AND DEVICES

I think you know what this is about....





NO CLOCK WATCHING

Watching the clock can wake you up and re-inforces unhelpful thoughts like "it's so late, I'll never get to sleep"