

Sleeping is a behaviour...we can learn, plan and form habits to sleep better

Sleep Well - Top Tips



1. Things to try

* Use a sleep diary.
* Keep your room screen free.
* Turn the clock away from you.
* Spend some time being active.
* Spend time outdoors in daylight.
* Follow a regular meal pattern and try not to eat a large meal before bed.
* Avoid caffeine 6 hrs before bed time.
* Avoid nicotine 1 hr before bed time.
* Reduce alcohol intake - it can help you get to sleep but can often wake you later.
* Relaxation techniques.
* Have a notebook beside your bed to write down any thoughts or worries.

1. Sleep routine

* Have a set bed and rise time.
* Try not to nap.
* Limit falling to sleep to 20 mins.
* If not asleep within that time get out of bed and try a relaxing activity.
* Return when feeling sleepy.
* You can also rest until your rise time.

1. Sleep rituals

* 1 hour before bed start your relaxing bed time routine.
* Make your bedroom comfortable:
  + Dark and quiet
  + The right temperature (cool)
  + Routinely have fresh linen
  + Use a comfortable mattress

Sleep Diary





Please fill out this diary first thing in the morning.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Week 1** | 1st | 2nd | 3rd | 4th | 5th | 6th | 7th |
| Day: |  |  |  |  |  |  |  |
| Number of naps yesterday |  |  |  |  |  |  |  |
| My stress level yesterday was  (No stress) 0 – 10 (Extreme) |  |  |  |  |  |  |  |
| I got into bed at |  |  |  |  |  |  |  |
| Tried to get to sleep at |  |  |  |  |  |  |  |
| Fell asleep at |  |  |  |  |  |  |  |
| Time I first woke up at |  |  |  |  |  |  |  |
| Number of times I woke up |  |  |  |  |  |  |  |
| I got up to start my day at |  |  |  |  |  |  |  |
| My total sleep hours |  |  |  |  |  |  |  |
| My sleep quality was  (Really Bad) 0 – 10 (Excellent) |  |  |  |  |  |  |  |
| My main problem was |  |  |  |  |  |  |  |

My sleep goal is to: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_