

# Sleep Tips<sup>1</sup>

## Get Moving

Keep your body moving and get some fresh air outdoors. This will help you sleep better at night.

Avoid strenuous exercise within 4hrs

## Make a List & Plan Ahead

Worries and tasks keeping you awake?

Clear your mind. Write it down or make a to do list. Set your alarm and give yourself enough time to get ready. Organize your bag and make your lunch the night before.

## Bedtime Routine

Go to bed and get up around the same time every day even on weekends! This will help your body develop a regular sleep rhythm.

Create a routine (e.g. shower, snack, read).

## Sleep Environment

Your room should be cool and dark. Try using your bed for sleeping only. Watch TV on the couch or read in a chair. This will help your body associate your with sleep.

## Calming Practices

Try an evening walk, read a book or magazine, stretch, meditation, deep and focused breathing exercises.

## Avoid Nicotine

Nicotine is a stimulant that will make it harder to fall asleep and have a restful night. It can also irritate your nose, throat, and lungs which might affect your breathing.

## Avoid Caffeine

Avoid caffeine 6-8hrs before going to bed.

This includes coffee, tea, pop, energy drinks, chocolate, and some medications.

## No Naps!

Napping will cause the body to lose its sleep rhythm. If you feel tired, try re-energizing by going outside, taking a walk or doing something active. If you must nap, keep it to no more than 30 minutes.

## Food

Being hungry can prevent a good night's sleep. Make sure to honour your bodies hunger cues and try a snack before bed.

## Track Your Sleep

Use an app or record in a journal. This may help you to discover patterns or factors affecting your sleep.

## No Clock Watching!

As tempting as it may be, avoid looking at the clock while falling asleep. It could make you anxious.

## Keep Bedtime Tech Free

Turn off your phones, TVs and computers 1 hr before bed. Blue light makes it harder to fall asleep. Use an alarm clock instead of your phone.

1. Centre for Clinical Interventions (2008). Sleep hygiene. Retrieved from <http://www.cci.health.wa.gov.au>

Updated October 2022

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