

Clean-up your sleep: Sleep Hygiene

+ Healthy sleep requires a healthy routine

Many sleep problems can be corrected by adhering to some simple lifestyle guidelines termed 'sleep hygiene'.



Healthy Sleep guidelines

Rise and shine at a regular time

Keeping a regular rising time (with an hour) each day of the week can be very effective. Weekends included!

Don't be late when you caffeinate

Think about your last caffeine hit being between 12noon -3pm.

Wind down into slumber

30-60 minutes before bed go into 'wind down' mode. Reading, a bath, gentle music, & relaxation exercises are all good options.

Time light to your advantage

- ✓ Bright light in the morning & during the day may be very helpful for boosting energy and helping sleep
- ✗ Bright light late in the evening may interfere with sleep. Minimise use of close screens (ipad, computer etc).

Don't sleep with the enemy

Checking the clock overnight tends to make the mind more active (you can't help but calculate hours of sleep). Try placing your clock/phone out of view overnight & see if it helps.



Create a sleep space

Make your bedroom a restful, cosy place. Cool, dark & quiet. Keep it as a space just for sleep, not for work, TV, eating, social media etc.

A restful sleep starts with a balanced day

What about Naps?

Naps can make it harder to sleep at night but they can also boost energy.

Keep any naps short (30 mins or less) and 8+ hours before bedtime.



We sleep best when our days are busy, happy and productive. When we are either experiencing stress (burn-out) or we are under stimulated (rust-out) poor sleep can result. It is important to pepper your days and weeks with regular:

- Productivity (paid work, chores, parenting, volunteering)
- Physical exercise
- Mental stimulation/challenges
- Socializing
- Time for relaxation/hobbies



Still sleeping poorly? Where to next?

You may benefit from additional input/treatment if:

- You haven't been able to follow the guidelines listed here.
- You have followed the guidelines but there's been little improvement

Speak with your GP
or contact
Sleep Matters

www.sleepmattersperth.com

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