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'.

**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.

**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.

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**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

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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

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