



Setting up your sleep routine for success

Take home guide

Before bedtime

- Stop working or studying at least 30 minutes before bedtime. Give yourself some time to wind down before sleep
- Remove technology before bedtime
 - Turn off your TV and computer
 - Don't read from your iPad or backlit device

The blue light suppresses the production of melatonin which is the key hormone that controls our body clock's day-night cycle

- Take a bath or a shower, this will slow your body systems down, help you relax and prepare you for sleep
- Change your bright light bulbs to low wattage bulbs in your bedroom
- Make your room dark when it is sleep time. Block windows, wear an eye mask, remove electrical clocks
- Get comfy
 - Have a comfortable mattress and pillow
 - Wear something you feel comfortable and relaxed in - make sure you distinguish between day clothes and sleepwear
- Try to go to bed at the same time - going to bed earlier than this won't be the right time for 'deep sleep' due to our body clock
- Keep your room cool and quiet - if you are too hot you won't sleep

If you are a shift worker, it may also be helpful to:

- When going home in the morning you wear sunglasses because light in the morning is not helpful
- if you can, go home and go to sleep straight away while your body temperature is cool
- If you can, keep to the same bedtime and wake time schedule, even on weekends.

If you can't sleep

- Staying in bed if your restless, worrying or and anxious won't help, so it may be helpful to concentrate on something else
- Do something else, knit, have a warm bath, read (not on a device), do a crossword puzzle
- Go back to bed when you feel sleepy and more relaxed
- Repeat the process if you need to.

Try not to catastrophise about sleep. It is ok miss some sleep. Try to make it up the next night, or that week. Think of sleep like a piggy bank. Think of "sleep debt," like a bank account - it may be ok to deplete your balance briefly, as long as you can easily replenish the funds before penalties start to accrue and become too difficult to pay back.

Most people who struggle to sleep do not suffer from a sleep disorder. But if you are worried, see your doctor.