



# Stay Fit, Stay Healthy, Stay Happy

## Healthy Happy You!

# Sleep, Sleep, Sleep!

### **Sleep Routine**

Sleep is so important, but seems to be the first thing affected when we're feeling low or anxious. When we haven't slept well, we often feel more frustrated, worried, irritable and stressed. So, here are our top tips:

### **Create a sleeping routine**

Decide a time you are going to go to bed and get up each day and stick to it (more or less!). This means your body starts to realise it's time for bed and starts to feel tired.

### **Sleep rituals**

You can also create a routine in terms of what you do before bed. This way, when you start your routine, you're telling your brain it's time to wind down. You might do some relaxing stretches or sit with a caffeine-free hot drink before bed, or have a bath and then read a book for half an hour. It's a good idea to have a bath 1-2 hours before bed, as it can make you feel sleepy when you start to cool down.



Thank you to Sarah Turner, Assistant Psychologist from BWC for providing this information.

### **Get up and try again**

If you can't sleep at night, don't stay awake in bed for too long. Get up and do something calming or boring, e.g. reading a book, until you feel sleepy then try again.

### **Don't clock watch!**

Frequently checking the time can wake you up and make you feel stressed. It might help to put your phone in another room!

### **Avoid naps**

To make sure you are tired at bedtime. If you absolutely have to nap, try to make it less than an hour and earlier in the day, than 3pm.

### **Use a sleep diary**

Use a diary to record your sleep for a couple of weeks, including what you did before bed and how you felt the next day, to get an idea of what helps and hinders a good night's sleep for you.

### **Bed is for sleeping**

Try not to use your bed when you're awake doing things like school work or watching TV.

### **The right environment**

Are there any changes you could make to your bedroom to make it more quiet and more comfortable?

