

THE IMPORTANCE OF GOOD SLEEP

Regularly getting a good night's sleep is crucial to ensuring we enjoy good mental health.

When we don't get good sleep, it can contribute to various problems, including depression and anxiety. But it can sometimes feel hard to achieve amid the pressures of daily life.

Did you know that sleep benefits the brain, promotes attention and memory and analytical thought? It makes thinking sharper, recognising the most important information to consolidate learning.

GOOD SLEEP HYGIENE

Obtaining healthy sleep is important for both physical and mental health improving productivity and overall quality of life. Everyone, from children to older adults, can benefit from better sleep, and sleep hygiene can play a key part in achieving that goal. Optimising your sleep schedule, pre-bed routine, and daily routines is part of harnessing habits to make quality sleep feel more automatic. At the same time, creating a pleasant bedroom environment can be an invitation to relax and doze off.

TIPS FOR BETTER SLEEP

Budgeting eight hours of sleep into your daily schedule and keeping that same schedule on both weekdays and weekends.

Creating a consistent pre-bed routine to help with relaxation and falling asleep fast

Avoiding caffeine and energy drinks, especially in the afternoon and evening

Putting away electronic devices for at least half-hour before bed and keeping them on silent mode to avoid checking them in the night

Setting up your bed with a supportive mattress that's the best mattress for you.

And don't forget to bring your best pillow

Keeping your bedroom cool, dark and quiet

I...
AM...
DETERMINED...
TO...
GO...
TO...
SLEEP...



A lot of people find that as they relax to go to sleep, they start thinking about everything that has happened in the day. There are also less distractions at night, which can make our thoughts seem even 'louder'. Try these ideas to help calm your thoughts:

Start by acknowledging your feelings.

Make time during the day to talk to a trusted person about your thoughts and feelings.

Draw/write out your feelings during the daytime.

If you find that thoughts and feelings are coming when you're trying to sleep, write them on a bit of paper and put them in a box away from your bed. The next day have a look at them. You may find that some of the feelings are less scary in the daytime. If you are still worried about them, speak to an adult you trust.

Carry out some body-based relaxation exercise to try & calm your body down before bed. Use an app like Headspace or search the internet for 'short breathing exercises' in the daytime to practise, & then repeat them before you go to sleep.