



# *Sleeping tips*

Good sleep is important for good health. 'Learning' to sleep is about giving up thinking and worrying in bed. Good sleepers simply sleep in bed and do not use the time to stress out about problems.



Here are some tips for improving your sleep:

- 1** Get up at the same time each day regardless of how badly you slept the night before.
- 2** Go outside first thing in the morning to get some early morning light. Sunlight will shut down your sleep hormones (melatonin) and reset your brain for daytime activities.
- 3** Try to combine early rising with some physical activity. You are likely to feel better as physical activity releases endorphins through the body. Endorphins reduce aches and pains.
- 4** Make sure you have 'time out' to do something you enjoy.
- 5** Go to bed when you feel sleepy or really relaxed. Going to bed at a set time does not guarantee sleep. It is more important to go when you feel sleepy.
- 6** The most effective natural treatment for improving sleep is not to spend time in bed trying to sleep as this will only result in you spending more time in bed awake!
- 7** Know how much sleep you need. If you need nine hours and usually get up at seven o'clock then go to bed at ten o'clock.
- 8** If you can't get to sleep after being in bed for fifteen minutes get up and do something quiet, such as reading. Avoid bright rooms. When you feel more relaxed return to bed.

Remember, sleep is just an important *part* of your life—not your whole life!

