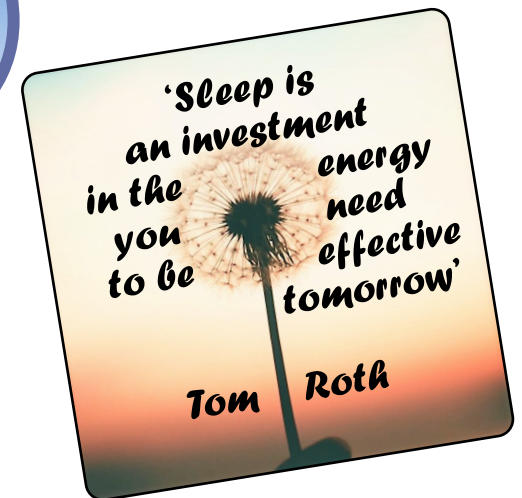
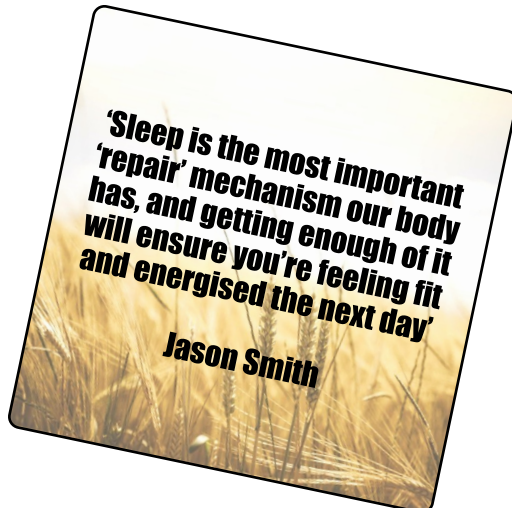


# Sleep

Zzzzz

Zzzzz



## Sleep Diary - to record and monitor your sleep patterns and bedtime routine

Complete in the morning	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
At what time did you begin your bed-time routine last night? What did you do?							
At what time did you get into bed last night?							
After settling down, how long did it take you to fall asleep? (make a note of any positive techniques used)							
After falling asleep about how many times did you wake up in the night? Roughly, for how long?							
At what time did you wake up in the morning? How long before you got out of bed?							
How long did you spend in bed last night? (from first getting into bed to finally getting out of bed)							
How would you rate the quality of your sleep last night? (very poor) <b>1</b> - <b>5</b> (very good)							
Did you notice any negative behaviours or sleep habits? What were these?							



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Sleep is food for the brain. During sleep, important body functions & brain activity occur. Skipping sleep can be harmful. Research shows that lack of sleep affects mood, and a depressed mood can lead to lack of sleep. To combat this vicious cycle, sleep experts recommend that you prioritize sleep and focus on healthy sleep habits. You can start by getting the 7-9 hrs of sleep you need each night, keeping consistent sleep and wake schedules and opting for relaxing activities such as reading or taking a warm shower/bath before bed instead of turning on the TV or computer. The blue light that's emitted from tv/mobile screens can delay the release of sleep-inducing melatonin, increase alertness, and reset the body's internal clock (or circadian rhythm) to a later schedule.

Solutions - keep a sleep diary; change your routine to get enough sleep to stay healthy & happy. Make your room a sleep haven. Keep it cool, quiet & dark. Consuming caffeine close to bedtime can hurt your sleep, so avoid coffee/tea/soda late in the day. Establish a bed-time & wake-time: stick to it, coming as close as you can on the weekends. A consistent sleep schedule will help you feel less tired since it allows your body to get in sync with its natural patterns. You will find that it's easier to fall asleep at bedtime with this type of routine. Avoid TV/computer/mobile in the hour before you go to bed. Stick to quiet, calm activities, & you'll fall asleep easier. If you jot notes down before you go to sleep, you'll be less likely to stay awake worrying or stressing.

After reflecting on your sleep diary: what will you do to improve your bedtime routine/sleep patterns?

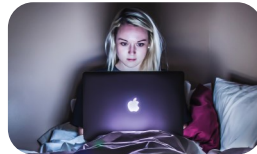
Stretch/yoga before bed? Exercise more? Guided meditations? Set a 'night-time' mode on your phone/tech?  
Use breathing/grounding strategies? Listening to audiobooks? Cut down on junk-food or caffeine? Anything else?


TRY YOGA & STRETCHING 	GET SOME SUNLIGHT IN THE MORNINGS 	LISTEN TO A SLEEP GUIDED MEDITATION 
HEALTHY *FOOD* FRUIT & * * VEG * *	SET MORNING ALARMS 	SET NIGHT- SHIFT ON ALL MY TECH 
 LESS CAFFEINE!	 LISTEN TO AUDIOBOOKS	 LAVENDER SCENT ON MY DIFFUSER 

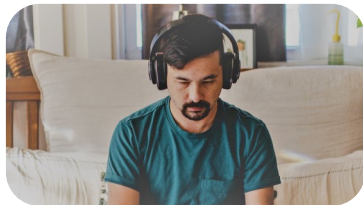
## Ideas to try



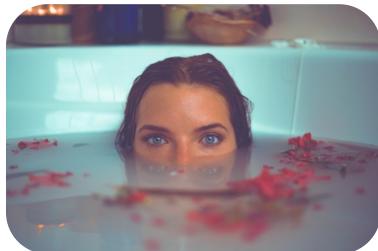
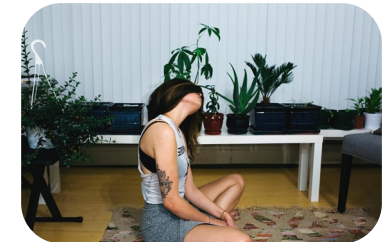
**Darkness:** think about the levels of light in your bedroom... are there any ways to make the room darker? Perhaps you could invest in a really comfortable eye-mask to sleep in... are you *always* turning off technology an hour, or more, before getting into bed (**blue-light** will prevent a good night's sleep)... can you set your technology to a night-mode (making it black & white, or stopping **blue-light**, after a certain time), this will prevent your brain from being stimulated before sleep.



**Relaxation:** when struggling to fall asleep, it can be such a challenge to not think about getting to sleep: 'I need to fall asleep now', 'why can't I sleep', 'I'm so tired', etc... the thoughts focused on getting to sleep will likely lead to you feeling more stressed & being less likely to fall asleep. Instead try your best to **focus on relaxation**: relaxing your body & mind, relaxing your muscles, relaxing any tension. Try stretching or yoga, read a book, listen to an audiobook, have a warm herbal decaf tea or warm milk, completed a guided muscle relaxation meditation. Enjoy the restful relaxed feelings of mind & body... when you are relaxed & enjoying the relaxation you will likely naturally fall asleep.



**Meditation:** Practicing meditation can be a powerful tool when building healthy sleep patterns. When incorporating a guided meditation into a bedtime routine, it can prepare the mind & body for a better night's sleep. Here are some of the benefits of working meditation into your bedtime routine: it lowers stress & anxiety (calming the mind & promoting a sense of inner peace), it evokes a relaxation response in the body (which is conducive to sleep), it helps to balance the nervous system (the parasympathetic system that controls the anti-inflammatory & relaxation response), it's safe, free & accessible to everyone.



**Nurture & self-care:** use your senses to aid you in relaxing during your bedtime routine, it will help you to fall asleep when getting into bed. A warm bath/shower is not only relaxing, but it will then lower your core temperature (once out of the bath/shower), which will help you to drift off to sleep. Scents, such as lavender or rosemary, are great for creating calm, relaxing the mind & body: try a diffuser & essential oils, oil burners, body moisturisers, pillow sprays, etc.

