

Sleeping Tips

by
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Things to do:

- Practise relaxation techniques before going to bed.
e.g. soft music, muscle relaxation, breathing exercise, visualisation, light reading
- Lie down to sleep **ONLY** when you are sleepy
- If you don't fall asleep within 30 minutes after turning out the light, get up and do some relaxation again
- If you wake up in the night and can't get back to sleep – get up and do some relaxation again
- Get up at the same time each day

Things to avoid in the late evening:

- Caffeine, eg coffee, tea, chocolate, cola drinks
- Nicotine
- Alcohol – leads to disturbed sleep patterns
- High protein and large meals

Reduce thinking and worrying in bed

- Practise *switching-off*