

The Good Sleep Guide

Tips to help you get a good night's sleep



During the evening:

- Put the day to rest. Think it through. Tie up “loose ends” in your mind and plan ahead. A notebook may help.
- Take some light exercise early in the evening. Generally try to keep yourself fit.
- Wind down during the course of the evening. Do not do anything that is mentally demanding within 90 minutes of bedtime.
- Do not sleep or doze in the armchair. Keep your sleep for bedtime.
- Do not drink too much tea or coffee and only have a light snack for supper. Do not drink alcohol to aid your sleep-it usually upsets sleep.
- Make sure your bed and bedroom are comfortable – not too cold and not too warm.

At bedtime:

- Go to bed when you are “sleepy tired” and not before.
- Do not read or watch TV in bed. Keep these activities for another room.
- Set the alarm for the same time every day, seven days a week, at least until your sleep pattern settles down.
- Put the light out when you get into bed.
- Let yourself relax and tell yourself that “sleep will come when it’s ready”. Enjoy relaxing even if you don’t fall asleep at first.
- Do not try to fall asleep. Sleep is not something that you can switch on deliberately!

If you have problems getting to sleep:

- Remember that sleep problems are quite common and they are not as damaging as you might think. Try not to get upset or frustrated.
 - If you are awake in bed for more than 20 minutes, get up and go into another room.
 - Do something relaxing for a while and don’t worry about tomorrow. People usually cope quite well even after a sleepless night.
 - Go back to bed when you feel “sleepy tired”.
- Remember these tips above and use them again.