

benefits of Sleep

Did you know that good sleep can help in many ways?

Mood; reducing the impact of feeling down or anxious.

Improves decision making.

Cognitive functioning; concentration, memory, attention and general thought processes.

Physiological functioning; including reduced risk of stroke, heart disease & diabetes.

Reduces stress.

Overall wellbeing and health; it gives your body time to rest and recover from the day's stresses.

Improves immune functioning.

Increases productivity due to improved cognitive functioning.

Increase your life expectancy.

Additional Tips

If you experience chronic pain, seek medical advice. Consider analgesics, hot packs, cold packs or what is effective in alleviating the pain before getting into bed.

Implement a sleep routine (see your doctor or a psychologist) If you don't fall asleep after 20 minutes, get up and do a household chore or make a cup of tea. Then start your sleep routine again. The process of "training" your mind to sleep is made easier when you repetitively give clear cues to your mind and body to prepare for sleep.

If your sleep is disturbed by nightmares, worry or rumination consult a Psychologist/Counsellor to learn how to manage them.

If you are a shift worker, consider asking your manager on how to manage fatigue and sleep disturbance. Some companies have fatigue management rosters recognising the difficulties that shift work can experience with their sleep.

Sleep

HOW TO IMPROVE YOUR SLEEP.

000 – for an immediate emergency - request Ambulance

**Suicide Call Back Service
1300 659 467**

**Lifeline – 13 11 14
www.lifeline.org.au**

Mensline 1300 78 99 78

Parentline 13 22 89

Qlife1800 184 52



What to do for GOOD sleep...

Go to bed at the same time each night.

Get out of bed at the same time each day.

Set up some standard routines in your day, for example, get up at 7am, go to work by 9am, eat dinner by 6pm, get into bed by 10pm.

Implement a sleep routine.

Make sure you sleep in a bed! Stop napping on the couch!

Make your bedroom restful; make it as dark as you can, if you need some sound, make it soothing and set for only five minutes while you relax into your sleep.

Only use your bed for sleeping (or intimacy).

Read boring or unengaging material; those articles or stories you know bore you.

Practice meditation, relaxation and breathing exercises before bed.

Do isometric exercises or progressive muscle relaxation to relax physically.

Follow your doctor's advice on medications assisting with sleep; try to minimise use.

Exercise regularly (until you are puffing and/or sweating) in the morning.

Try to get into bright natural light as soon as you wake in the morning.

Drink non-caffeinated beverages before bed.

Ensure your bedding is practical and your sleep attire is too! If you are prone to get hot/sweaty, ensure you have layers that are easily stripped back. Wear clothes you can't get tangled in.

Shower and visualise "washing your worries away".

DON'T!

Don't nap during the day. If you have to, limit it to under 20 minutes.

Napping disrupts your natural sleep rhythms.

Don't watch TV in bed, don't play energetic music or have bright lights in your room and STOP!! playing on your iPhone, iPad or other electronic gadget!

Make your bedroom a gadget-free zone!

Don't drink alcohol or smoke cigarettes (or illicit substances) before bed. These may seem to help in the short term but in the long term, they disrupt natural sleep rhythms.

Don't do heavy exercise at least 6 hours before bed. Exercise is fantastic at boosting sleep processes if it is done in the morning – It has to do with changes in the body's core temperature.

Don't go to bed hungry or over full.

Avoid stimulants; coffee, energy drinks and illicit substances (like speed or amphetamine). They can cause chronic sleep problems by disrupting our brain chemistry (also affecting mood).

Don't regularly let pets (or children if you can help it) sleep in your bed if they also have disrupted sleep cycles or wake you with their fussing.

If you are struggling to sleep and it is getting you down, talk to your GP and make an appointment with a Psychologist, Counsellor or Psychiatrist.

Call Lifeline 13 14 11