

STAFF MENTAL HEALTH & WELLBEING PROGRAMME



If you're having trouble sleeping, try to stick to a sleep schedule. Go to bed at the same time every night and wake up at the same time every morning.

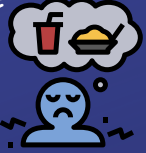


Quit looking at screens at least 1 hour before bed. Exposure to LED blue light from devices suppresses the secretion of melatonin, a hormone that influences circadian rhythms.



TIPS

Try not to go to bed feeling hungry - or too full. If you do feel hungry late at night or in the middle of the night, try a light snack such as a cracker or an apple.



PMR

Practise Progressive Muscle Relaxation or another relaxing meditation, such as a Body Scan, in bed before sleep.

If you wake up in the middle of the night and can't sleep, try doing Progressive Muscle Relaxation.



Do some exercise at some point in the day for at least 15-20 minutes.



Have a daily wind-down ritual before bed, for example have a bath, listen to a relaxing meditation or read a book.



Try keeping a notepad and pen by your bed. If you wake up in the night with things on your mind, jot them down and tell yourself that you can deal with them in the morning.

RELAX



If you can't sleep, try not to catastrophise. Remind yourself that you need some rest and aim for a state of reverie (dreaminess). If you can't sleep try to reassure yourself that it's not the end of the world.

Monitor your alcohol intake. Although alcohol can help induce sleep, overall it is more disruptive to sleep, particularly in the latter part of the night, as it reduces rapid eye movement (REM) sleep.

If you can't sleep and are ruminating/worrying, remind yourself that it's "middle-of-the-night-thinking" and that it likely won't seem quite as bad in the morning.



If you find yourself wide awake in bed for some time, try getting up, going to another room, and reading a book or doing another calming activity not involving screens. When you begin feeling more sleepy, go back to bed.

An alternative is to lie in bed and listen to talk radio, a sleep story or a podcast at low volume. Try to choose something with minimal fluctuation in tone and voice.



Keep electronic devices and TV etc. out of your bedroom at night if possible.



If lack of sleep is a recurrent issue for you even after following these tips for a few weeks, see your doctor.