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WELLBEING SERVICES

Simple Tips to Help You Sleep Better

Everyone experiences sleep struggles from time to time, and it's not always clear why. These easy tips can help you improve both the quality and duration of your sleep, so you wake up feeling refreshed and ready for the day.

Stick to a routine: Wake up at the same time each day, even on weekends, to reset your sleep-wake cycle. This helps signal when it's time to sleep and rise. Avoid naps, as they can interfere with falling asleep at night.

Stay active: Engage in physical activity during the day, but avoid intense exercise close to bedtime. Outdoor activities in natural light are especially helpful, but remember to protect your skin with sunscreen.

Relax before bed: Create a calming bedtime routine. Dim the lights and avoid bright screens to prepare your body for sleep. Consider reading, gentle stretching, or listening to soothing music.

Mind your sleep environment: Keep your bedroom quiet, dark, and cool. If you're still awake after 20 minutes, get up and do something calming, like reading or listening to soft music, before trying to sleep again.

Avoid stimulants: Reduce caffeine, alcohol, and heavy meals in the evening to prevent disruptions. If you're hungry before bed, opt for a light snack.

Manage stress: Address concerns during the day and avoid making big decisions when you're sleep-deprived. Journaling or talking things over can help ease your mind before bed.

Create a peaceful space: Ensure your bedroom is free of work or study distractions. Make sure the room is relaxing and the temperature and noise levels are comfortable.

Use relaxation techniques: If stress or anxiety keeps you up, try deep breathing exercises or focus on a calming word or place to help ease your mind.

Seek professional advice: If sleep issues persist, consult your GP for advice or treatment options, including medication or sleep equipment.

To book an appointment with one of our counsellors, call or scan the QR Code

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