

Good Sleep Practices

What to try when you just can't get to sleep

See below a list of what you could try to help you sleep better, some things work better for some people and not for others, for example if you like a small light on then don't try and sleep in the dark it will cause more stress – try some and see if any help.

- Turn the blue light off any devices.
- Make sure your room is dark if that's what you like or use a sensory light.
- Play white noise - rain, fans blowing, soothing music or watch a comfort show, something playing in the background that will not stimulate your mind.
- Watch sensory satisfying you tube videos of jet washing, grass cutting, paint spraying etc.
- If you have a sensory object – hold it if it calms your mind and regulates your breathing.



- Try a mindfulness technique – google some and find what suits you.
- Don't wear anything tight or uncomfortable to bed, and make sure you have covers that are a comfortable on your skin, cut out tags if they bother you.
- Keep your room clutter free and well ventilated – it may help if your room is a cool temperature, you could try a weighted blanket too.
- Don't have a daytime nap.
- Try to be outside for at least 30 minutes each day, either go for a walk, kick a ball around the garden, get a basketball hoop or do some gardening whatever you enjoy doing, but don't do this activity too close to bedtime.





- **Go to bed when you are tired** but set your alarm for a reasonable time such as 8:00 am – then before looking at social media have a shower - get ready for the day – after a few days your body should get into a rhythm, and you may become naturally tired at bedtime.

- Have a warm drink – caffeine free.
- Take a warm bath, maybe add some relaxing essential oils.
- Think positively, think of **one good thing that happened that day** – can be anything from a great day out – to speaking to someone you like on the phone or even having your favourite dinner!
- **Keep a notebook and a pen near your bed** and if something pops into your head then write it down and tell yourself you will tackle that tomorrow.



Information produced in collaboration with Sleep Action

