

The Good Sleep Guide

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 mentally challenging 90 minutes before bedtime.
- Do not doze or sleep in the armchair or on the sofa.
- Avoid caffeine-containing drinks and only have a light snack for supper. Do not drink alcohol to aid sleep.
- Make sure your bed and bedroom are comfortable – not too hot or too cold.

At Bedtime

- Go to bed when you are “sleepy tired”.
- Do not read or watch TV in bed.
- Set the alarm for the same time every day until your sleep pattern settles.
- Put the lights out when you get into bed.
- Let yourself relax. Enjoy relaxing even if you do not fall asleep at first.
- Do not try to fall asleep – sleep is not something you can deliberately switch on.

If you have Problems getting to Sleep

- Remember that sleep problems are common and are not as damaging as you might think.
- If you are awake for more than 20 minutes then get up and go into a different room.
- Try to do something relaxing and don’t worry about tomorrow. People usually cope quite well even after a restless night.
- Go to bed when you feel “sleepy tired”.
- Remember the tips from the section above and use them again.
- A good sleep pattern may take a number of weeks to establish. Be confident that you will achieve this in the end by working at it.