



soteria
CONSULTING

SLEEP HYGIENE

We have all suffered from the effects of a bad night's sleep. This can lead us into feelings of tiredness, irritability, poor concentration, a weakened immune system, aches and pains in your muscles and bones and in some cases, a negative impact on your mental health. This is often caused by constantly waking up during the night, waking up early and being unable to fall back to sleep.

One misconception about good sleep is that it needs to be a long duration. This is not necessarily accurate. Research shows that most 'deep sleep' occurs during the first five hours of sleep.

IDEAS TO HELP YOU SLEEP

Some tips that can assist you with your sleeping patterns include:

- Lying down to sleep **ONLY** when you are actually sleepy.
- Only use your bed for sleeping.
- If you fail to fall asleep within 30 minutes of turning off the lights, get up and go to another room. Do something that is not too stimulating.
- Do not nap.
- Avoid caffeine.
- Maintain a sleep/wake up schedule. Stick to this schedule 7 days a week so your body grows accustomed.
- Manage your stress levels.

- Avoid moderate to strong levels of exercise before sleep. These can include jogging, swimming, weight lifting, etc.
- Before sleep, avoid TV, computers, games etc.
- Sleep in a dark room.
- Use relaxation techniques throughout the day.

Please feel free to make further enquires;

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