

# Sleep Worksheet

## How to fall asleep and stay asleep

		I already do this	I could add this
During the Day	Caffeine is a stimulant - make 2pm your last cup		
	Avoid nanny-naps longer than 20mins		
	Smoking is a stimulant - be mindful of when and how much you smoke		
	Write your 'to do' list for the next day at the end of every day		
	Resolve conversations, problems, concerns or write them in a journal so they are out of your head		
	Complete exercise at least 2hrs before bedtime otherwise you can delay the release of melatonin, which helps to start the sleep cycle. It can also increase body temperature, which can hinder your sleep.		
	Get a relaxing massage at the end of the day		
	Other -		

Your bedroom	Purchase a new, comfortable, supportive mattress and/or pillow		
	Ensure the room temperature is not too hot and not too cold. Choose appropriate sheets for the season		
	Create a dark, quiet room. Invest in some block-out curtains if necessary or use an eye sleep mask		
	I know it is snuggly and cute but keep pets out of your bedroom so you don't get woken with their 3am grooming or play!		
	Use good quality silicone earplugs if you have a snoring partner (or pet)		
	<b>All devices MUST be out of the bedroom.</b> Treat yourself to a real alarm clock. MVO - phone on aeroplane mode		
	Other -		

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At night - create a buffer between daytime & sleep time	Eat at least 90-120mins before bed		
	Minimise your alcohol intake		
	No work-related activity at least 45mins before bed		
	Turn off all phones, iPads, computers, laptops, TV at least 45mins before bed. Set an alarm as a reminder to turn them off		
	Read a pleasant, not work-related book, i.e. fiction (even for 5mins), so your brain knows it is wind down time		
	Take a warm bath with lavender oil. Surround the bath with candles		
	Sip on warm almond milk and honey, or camomile tea		
	Listen to quiet, relaxing music		
	Other -		

		I already do this	I could add this
Just before bed	Treat bedtime like an appointment. Be strict and go to bed at the same time every night and wake at the same time every morning. Set an alarm to tell you when to go to bed		
	Change into sleep gear - not gym gear or active wear or around the house gear		
	Start a bedtime movement ritual - yoga, tai chi, stretching, breathing, gratitude diary/mantra, or listen to a meditation/sleep app		
	Once in bed: <ul style="list-style-type: none"> <li>Spray lavender oil on your pillow and/or use a lavender hand cream</li> <li>10 x belly-breathing or alternate nostril breathing</li> </ul>		
	Other -		

## Seek medical help if:

1. Medical issues such as pain, toilet stops, side effects of medication are preventing you from having a good night's sleep.
2. You have tried all of the above suggestions but you are still not able to fall asleep or stay asleep.