

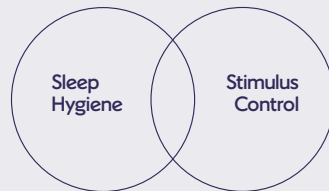
Meet Our Experts: Sleep guide

Use this guide as a tool to help you reflect on your current sleep and learn about ways to improve your sleep hygiene, so that you can build a healthy bedtime routine that suits you best.

Sleep hygiene

Poor sleep can affect:

- Emotional wellbeing
- Memory and concentration
- Motivation
- Increased risk of diabetes, high blood pressure and obesity.



To improve your sleep quality think small and act big:

- Sleep and wake at consistent times
- Remove stimulus from your bedroom at least an hour before bedtime (i.e., 'blue light' from screens and devices)
- Wind your mind down before sleeping – reading a book or listening to an audiobook are great ways to switch off
- Reduce the amount of caffeine consumed in a day (try not to have caffeine after 2pm).

Other things you can do:

- List out three things you are grateful for each night before bed
- Give to others and improve your emotional wellbeing during the day
- Have a relaxing bath or shower before bed
- Assess your bedroom and sleeping environment: Is it too hot or cold? Is it tidy and clear or messy and cluttered? Do you work from your room and leave your work visible at the end of the day?



Sleep hygiene is about forming good sleep habits. **Stimulus control** works to strengthen the connection between the bed and sleep behaviour.

Improving your sleep

Routine is one of the most important factors for consistent and good quality sleep. Creating an easy to stick to structure to apply every day will help improve your sleep and overall health and wellbeing.

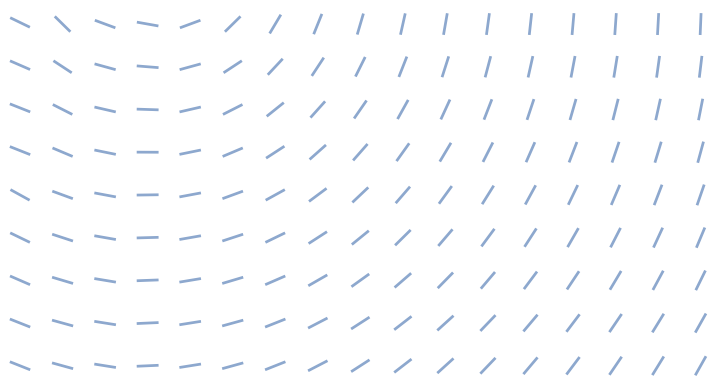


Pre-bed routine	Sleep and wake time	Rise routine
Stretch 5-10 minutes	11pm	Stretch 5-10 minutes
Get into bed for 10pm		Meditate 5 minutes
Listen to story book for 1 hour	6am	Coffee
Turn phone and lights off		

Your sleeping patterns

Take a moment to think about changes you can make to your own routine. Use the table below to create a new, healthier bedtime routine.

Pre-bed routine	Sleep and wake time	Rise routine



Track your sleeping habits

To keep track of how your bedtime routine affects your sleep, why not keep a sleep diary?

You can also use the following prompts **in the mornings** as a sleep self-reflection exercise.

Sleep time: _____ Wake up time: _____

What did you eat and drink before bed?

Were there any specific worries or stresses on your mind?

What did you do to wind down before bedtime (briefly outline your bedtime routine)?

Answer in the evening: How did you feel today?
