

During the day

- Try not to nap during the day. This will play havoc with your body clock and make it even more difficult to sleep at night. If you feel you absolutely must nap, be sure to sleep for less than 30 minutes, but avoid late afternoon naps or falling asleep in front of the TV.
- Avoid caffeine and alcohol before going to bed. Although alcohol may at first act as a sedative, it can interrupt normal sleep patterns.
- Don't smoke. Nicotine is a stimulant and can make it difficult to fall asleep and stay asleep.
- Expose yourself to sunlight soon after awakening. This will help to regulate your body's natural biological clock.
- Keep your bedroom dark while you are sleeping so that the light will not interfere with your rest.
- Exercise early in the day is better than exercise before retiring. Twenty to thirty minutes of exercise every day can help you sleep.

Getting ready for sleep

- Make sure your bed is large enough and comfortable. Try therapeutic shaped foam pillows that cradle your neck or extra pillows that help you sleep on your side.
- Make your bedroom primarily a place for sleeping. Help your body recognise that this is a place for rest or intimacy.
- Keep your bedroom peaceful and comfortable. Make sure your room is well ventilated and quiet.
- Hide your clock. A big, illuminated digital clock may cause you to focus on the time and make you feel stressed and anxious. Place your clock so you can't see the time when you are in bed.

- Keep a regular schedule. Try to go to bed and wake up at the same time everyday. Keeping a regular schedule will help your body expect sleep at the same time each day. Don't oversleep to make up for a poor night's sleep – doing that can reset your body clock and make it hard for you to get to sleep at night.
- Relax for a while before going to bed. This may include meditation, relaxation and/or breathing exercises, or taking a warm bath before bedtime.
- Eat only a light snack before bed. Eating a large, heavy meal can interfere with your normal sleep cycle. Try to eat dinner 2-3 hours before your bedtime.
- Drink warm milk before bedtime. In addition to being soothing, milk and dairy products contain tryptophan, a natural sleep enhancer.
- Make up a Journal or "to do" list. This may help you put away these concerns until the next day when you are fresh.
- Avoid "over-the-counter" sleep aids, and make sure that your prescribed medications do not cause insomnia. Always talk to your doctor or healthcare practitioner about your concerns!

Getting to sleep

- Get out of bed if unable to sleep. Go into another room and do something relaxing until you feel sleepy.
- Consider changing your bedtime. If you are experiencing sleeplessness consistently, think about going to bed later so that the time you spend less time in bed being restless.

Remember, the key to well being is to

**REST
RECUPERATE
REVITALISE**