USEFUL TIPS TO AID SLEEP

In order for sleep to occur, there needs to be deep relaxation. Focus on this first. Deep relaxation is very restorative. Sleep should follow, but if it doesn’t, don’t worry. Here are some tips that might help improve your sleep.

Unchallenge your brain

- The absence of light stimulates melatonin release; invest in an eye mask and blackout blinds or curtains.
- Avoid using electronic devices for **30-60 min** before bed.
- Eliminate unwanted sound with earplugs.
- Consider listening to a podcast or hypnosis audio on a gentle volume to help you fall asleep.

Have a hot bath

- The drop in temperature the body undergoes after a hot bath or shower aids the onset of sleep.
- Bed socks encourage peripheral vasodilation and can help optimise body temperature. Keep your room cool and your bed warm.

Sleep in a way that works for you

Before the existence of artificial light, natural sleep was in two distinct phases, with a break of several hours in-between. Not everyone manages to sleep for a solid **8 hours**; it’s what’s right for you that matters.

Be prepared

Here are some suggestions to help reduce anxiety and cognitive load, facilitating relaxation.
- Exercise regularly, but not too close to bedtime.
- Download a yoga nidra or meditation audio and use it.
- Write a ‘to do’ list rather than inevitably thinking of one as you try to sleep.
- Accept help with tasks you can delegate.

References

www.sleepcouncil.org.uk
Miguel Cervantes, Don Quixote (1615)