



# Sleeping Sound



## Tips on getting to sleep

- Try to go to bed at the same time and get up at the same time every day
- Avoid naps during the day
- Try to go to bed only when you are sleepy
- Try not to become stressed if you feel you are not getting enough sleep.
- Avoid looking at the clock while in bed.
- If you can't get to sleep or get back to sleep for an extended period, get out of bed and do something boring in very dim light, or sit and relax in the dark until you are sleepy.





## Food

- ✓ Limit tea, coffee or soft drinks after midday.
- ✓ Limit amount of food late in the evenings.
- ✓ Reduce alcohol and smoking
- ✓ Do not go to bed hungry – an empty stomach can interfere with sleep.
- ✓ A light healthy snack before bed is OK, but don't eat a heavy meal before bed.
- ✓ A cup of warm milk or herbal tea (caffeine-free) can help to induce sleep.

## Mood

While in bed try letting tension go in a gradual manner from the muscles of the body. Try to coordinate the release of muscular tension with your breathing out. Relax the parts of the body in sets (e.g. both feet, both thighs etc.) working upward. Spend about 10-15 breaths in and out relaxing each set of muscles. Sometimes you may need to repeat the process on stubborn muscles.



## Sleep and Rest

- ✓ Aim for 6 to 8 hours of uninterrupted sleep every night

Each night after dinner spend 1-2 hours relaxing before bedtime. During this time engage in passive activities like watching TV, listening to the radio or music, reading magazines or novels, talking to family members. Do not do mental or physical work too late in the evening. This includes, using computers (no internet), talking on the phone or organizing things for work the next day. You need quiet time to completely unwind before bedtime. If things need to be done do them earlier in the evening.

## Exercise

- ✓ Reducing your weight to a healthy range, even by 3 to 5 kgs can significantly improve your sleep pattern. Being physically tired will help you sleep better.
- ✓ Exercise increases serotonin levels which in turn promotes sleep.
- ✓ Reducing your activity before going to bed
- ✓ Exercising in the morning or early afternoon can encourage a healthy sleep routine.

