

Important steps in improving sleep quality

<p>Change unhelpful and dysfunctional beliefs about sleep – befriend your ‘inner critic’</p>	<p>If you have difficulty to fall asleep or wake up and have a worry thought, e.g.: ‘ I am never able to fall asleep, I will wake up tired’. – Question it : <ul style="list-style-type: none"> • Is it true? Do you remember when it was not true? • Is it helpful? How does it help you to stay calm & relaxed? • Is it kind? Would you tell this to your friend/family member? Make a worry journal and write down a positive statement (turn your negative belief around)</p>
<p>Reduce sleep effort</p>	<ul style="list-style-type: none"> • You can’t force yourself to sleep – you can only make all conditions for it • Go to sleep only when sleepy • Don’t check your clock • If you can’t fall asleep within 20 min – get out of bed and do relaxation techniques
<p>Positively associate bed and sleep</p>	<ul style="list-style-type: none"> • Don’t sleep anywhere except bed • Go to bed only when you are sleepy • Minimise using electronic devices in bed • If you can’t fall asleep within 20 min – get out of bed • Bed is only for sleeping (and sex) • Wake up and get out of bed at the same time every morning, even during weekend – establishing rhythm • Don’t have serious talks in bed
<p>Reduce stress and anxiety that can cause physiological arousal</p>	<ul style="list-style-type: none"> • Slow down 1 hour before going to sleep • Stop using your smartphone 30-60 min before bedtime • Practice relaxation techniques <ul style="list-style-type: none"> ○ Yoga sequence for sleep ○ Breathing techniques (3 min breathing space, nadi shodana) ○ Meditation (counting backwards, body scan, yoga nidra) ○ Walks in nature • Get enough sun light exposure in the morning (consider a light therapy lamp) • Take a hot bath before going to sleep
<p>Optimise your bedroom to promote good sleep</p>	<ul style="list-style-type: none"> • Aromas – Light – Noise level - Bed and matress - Temperature
<p>Take naps correctly</p>	<ul style="list-style-type: none"> • Minimise napping if possible • Not after 3 pm (or not later than 9 hours after waking in the morning) • Not more than 30 min • If you have insomnia – don’t nap at all
<p>Build a healthy relationship with caffeine and alcohol</p>	<ul style="list-style-type: none"> • Don’t drink caffeine after 2 pm • Drink caffeine only 90 min after waking • For every cup of alcohol – 1 cup of water. • There should be at least few hours in between drinking alcohol and going to bed