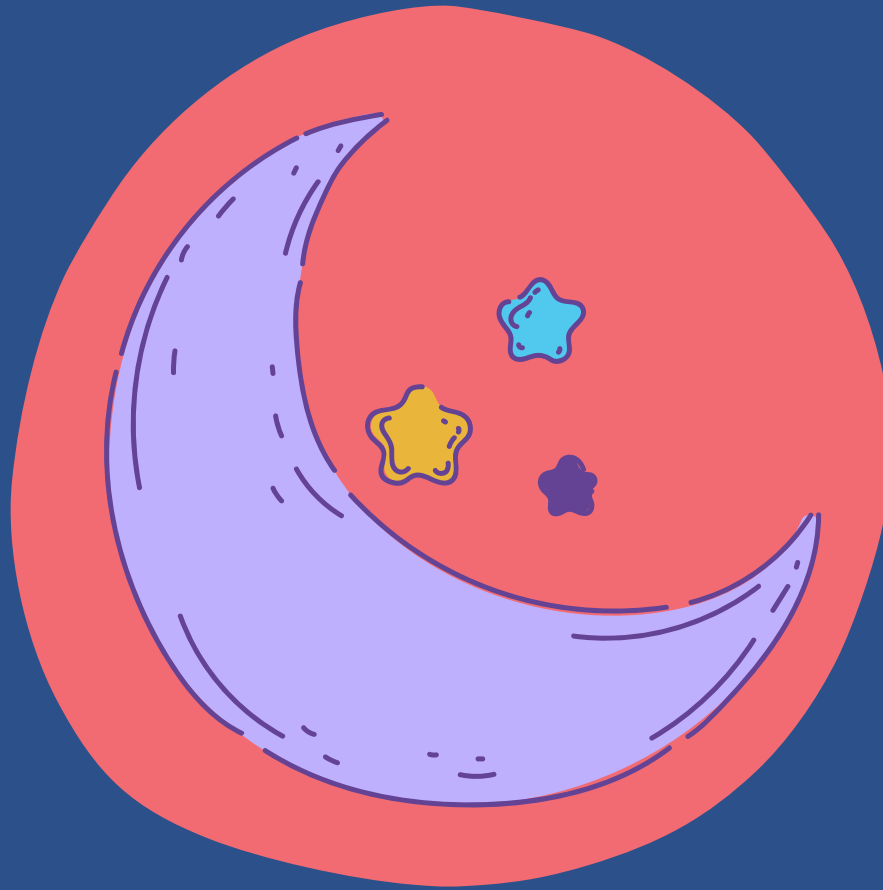


THIS WAY UP ↑↑



The Good Sleep Toolkit

thiswayup.org.au

The Good Sleep Toolkit

Having trouble sleeping? Small changes to your daily habits can help improve your sleep over time.

Keep your body clock on track

- Go to bed and wake up at around the same time every day.
- Try not to sleep in to make up for a bad night's sleep.
- Avoid naps, even when you're tired.
- Prioritise regular exercise during the day or early evening.



Wind-down before bed

Create a relaxing evening routine to help your mind and body get ready for sleep. Make sure you're comfortable and your immediate needs are taken care of - for example, if you're hungry or too hot or cold. Do something gentle and relaxing, such as taking a warm shower or reading a book. Avoid screen-time in the 30-60 minutes before bed.

Watch out for sleep disruptors

- Avoid caffeine in the afternoon and evening.
- Limit alcohol and don't use it to help you sleep.
- If you smoke, avoid nicotine for at least an hour before bed.
- Reduce noise where possible and keep your bed and bedroom at a comfortable temperature.



If you can't sleep for a while, get out of bed

If you're lying awake worrying or thinking for 15 to 20 minutes after going to bed, **don't stay in bed trying to force yourself to sleep.**

Get up, move to a quiet area (like your couch) and do something relaxing, such as reading or listening to music. Return to bed when you feel sleepy. If you're still awake, repeat the process.

This helps you learn to associate your bed with sleep, rather than wakefulness and worry.

Deal with worries during the day

Set aside time during the day to work through problems and make decisions for issues you're able to take action towards. If the same worries come up when you're in bed, remind yourself that you've already given them time today - you can return to them tomorrow if needed, but now you're allowed to let them go and allow your mind and body to rest.



Remember

A bad night's sleep doesn't mean something is wrong. Having a poor sleep here and there is common, especially during busy or stressful times in life. Having a rough sleep can feel stressful, and worrying about not sleeping can make it harder to sleep. Focus on what you can do, rather than trying to force sleep. If the problem persists for a while, it's a good idea to seek support.

Want more help with sleep?

Explore the **[THIS WAY UP Insomnia Program](#)** for evidence-based strategies to improve your sleep.