

# Routine



- Our bodies work off a circadian rhythm (24 hour internal clock)
- This means our bodies get used to falling asleep and waking at the same time (due to the release of certain hormones, in particular melatonin)
- Sticking to the same routine each day therefore helps your body to realise when it's time to wind down and fall asleep, and when it is time to wake up



# Relax



- It's important to unwind so you feel ready to fall asleep
- Activities such as reading are a great way to relax and prepare you for falling asleep
- If you feel anxious / worried when trying to fall asleep, write them down or talk to someone to get them out of your head so you can relax
- Write a to-do list for the next day so you don't keep yourself awake thinking about what needs to be done

## Managing Sleep Patterns at Home

### Limit Screens



- Screens (eg TV, phone, laptop) emit blue light
- Blue light inhibits the production of melatonin (the hormone needed for sleep)
- With insufficient production of melatonin, the quantity and quality of your sleep is affected
- Try to avoid blue light 2-3 hours before sleep
- Phones, laptops and tablets do have a setting called "Night Mode" which makes your screen yellow/orange/red to limit the amount of blue light

### Sleep Hygiene



- Practising good sleep hygiene promotes sleep
- Darkness (turn lights off, use a blackout blind, wear an eye mask)
- Noise (use earplugs or a white noise sound app to block out background noise)
- Temperature (keep your room and body cool)
- Avoid caffeine and alcohol before bed