



TALKWORKS

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TIPS FOR SLEEPING WELL



Don't force yourself to sleep

If you haven't fallen asleep after 20 minutes, get up and do something calming. Read a book, draw, or write in a journal.



Avoid blue light

The short wave blue light from computer, TV and phone screens suppresses the production of the sleep hormone melatonin. It is important to avoid screen time for two hours before bed.



Set a schedule

Establish a regular sleep schedule every day of the week – this will help to set your "biological clock". Don't lie in more than an hour, even on days off.



Use your bed only for sleep

If your body learns to associate your bed with sleep, you'll start to feel tired as soon as you lie down. Using your phone, watching TV, or sending emails in bed can have the opposite effect.



Avoid stimulants

Consuming caffeine, alcohol, and nicotine can affect your ability to fall asleep and the quality of your sleep, even if they're used earlier in the day. Caffeine can stay in your body for up to 12 hours, and even decaf coffee has some caffeine!



Exercise and eat well

A healthy diet and exercise can lead to better sleep. However, avoid strenuous exercise and greasy or heavy food for 2 hours before going to bed.

Sleep Checklist



Good sleep is influenced by many factors. Tick the items you have managed each day. You can then use this checklist to see where you may need to make changes to your routine.

Before bed:	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
I exercised today							
I avoided caffeine 2 hours before bed							
I did not nap today							
I did not use alcohol or drugs to help me sleep							
I did not use my phone, tablet or other 'blue light' electronic devices within 2 hours of going to bed							
In bed:	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
I used my bed for sleep and sex only							
I did not use my phone or tablet whilst in bed							
If I woke up during the 'night', I did not check the time							
If I woke up during the 'night' for more than 20 minutes, I got out of bed and returned to bed when I was tired							
My bedroom is cool, dark and my bed is comfortable							
Getting up:	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
I got out of bed at a regular time (I didn't 'lie-in')							

Contact the Talk Works team to find out more:

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