

# Sleeping well

## DREAMY SLEEP ROUTINES

The Sleep Health Foundation is Australia's leading advocate for healthy sleep.

These are their tips on the best ways to ensure a good night's sleep during times of uncertainty.

**LIMIT MEDIA EXPOSURE** - Be sensible about what you pay attention to and try not to focus too heavily on gossip or social media which may be exaggerated, or may simply be guessing what is going on.

**MAKE TIME TO UNWIND** - Spend some time relaxing. This is especially important in the hour or so before going to sleep, so that you can go to sleep with a relaxed mind.

**TAKE CARE OF YOUR BODY** - Get some exercise, eat sensibly, do not drink too much alcohol, and avoid caffeine close to bed.

**CONNECT WITH OTHERS** - If you have specific concerns, try to deal with them before going to bed. Simply talking to some-one you trust about your worries can often help.

**TAKE CARE OF YOUR MIND** - If the worry is still on your mind as you are getting ready to go to sleep, sit down quietly, think about what the issues are and how you might deal with them tomorrow.

**YOUR BED IS PREDOMINATELY FOR SLEEP** - If you go to bed and find that you cannot get to sleep, or if you wake up during the night and cannot get back to sleep because of worries, get up and do something relaxing in dim light that is quiet and away from the bedroom. Go back to bed when you feel ready to fall asleep.

**KEEP A REGULAR SLEEP-WAKE ROUTINE** - As much as possible we should keep a normal sleep routine. Going to bed at the same time each night, and getting up at the same time each morning is important for getting a good night of sleep.

**MANAGING FATIGUE** - Also remember that even if you did not get much sleep, or it seemed to be poor sleep, it is not the end of the world. You will get through the next day all right and if you are quite tired, you will probably sleep better the next night.

For more sleep facts and tips on sleeping well, visit [The Sleep Health Foundation sleephealthfoundation.org.au](https://www.sleephealthfoundation.org.au)

\*Resources and materials are general advice only. For tailored support, or if you have any specific questions or concerns please talk to your GP or Healthcare team.