

**LIFESTYLE  
MASTERY  
TIP SHEET**
**#2**

# SLEEP

## *Remind me, why is sleep important?*

*Sleep plays a vital role in well-being and overall good health throughout our lives. Getting enough quality sleep at the right times can help support and protect your mental health, physical health, quality of life and promote your resilience to help cope with life's challenges!*

### 5 SIMPLE BUT PROVEN AND POWERFUL HINTS & TIPS FOR GETTING ENOUGH SLEEP

- Prioritise sleep: no matter what, get enough sleep. Make a commitment to prioritise everything else around your sleep, rather than prioritising everything else over it, and stick to your prioritisation! You will be amazed at the difference this makes.
- Have a regular 'go-to-bed' and wake-up time.
- Avoid any stimulants, such as caffeine sugar or nicotine, at least 3-4 hours before bedtime.
- Do something physically active during the day.
- Remove all electronic screens from the bedroom.

## *But what about the things I do during the day? Will that effect my sleep?*

*Yes, it will! There are some things that we do during the day that can greatly impact our quality of sleep, so here are some tips to keep in mind during your day.*

#### **When you wake up...**

- Get out of bed straight away
- Get up around the same time every day
- Get some fresh air by going outside
- Do some physical activity

#### **During the day...**

- Don't nap
- Try to be physically active or move around
- Limit your caffeine intake and caffeine after 4pm
- Address any stressful issues during the day

#### **Before going to bed...**

- Avoid going to bed too early
- Avoid smoking, exercise and drinking alcohol or caffeine
- Don't go to bed hungry or with a full bladder
- Allow yourself time to wind down
- Avoid using electronic devices in your bedroom and within 30 minutes of going to bed
- Avoid sleeping pills where possible

## While you sleep...

- Keep your bedroom quiet, dark, well ventilated and cool
- Avoid too many blankets or electric blankets, if you're too hot you won't be able to go into a deep sleep

## If you're having difficulty falling asleep...

- After 30 minutes, get up.
- Distract yourself from your restlessness by doing something relaxing – whether it's taking a warm bath, reading or something else.
- If you can't stop worrying, try something that requires more concentration, such as a puzzle, reading or you can try out some mindful breathing techniques.
- Go back to bed when you feel sleepier and more relaxed, if you're still awake after 30 minutes, get up and repeat.
- If you regularly have trouble sleeping, speak to your doctor for additional options and strategies.



If you or someone you know needs help contact **TIACS** on 0488 846 988 or your organisation's Employee Assistance Program (EAP), your GP or call: **LifeLine** on 13 11 14, **Kids Helpline** on 1800 551 800, **MensLine Australia** on 1300 789 978 or the **Suicide Call Back Service** on 1300 659 467.