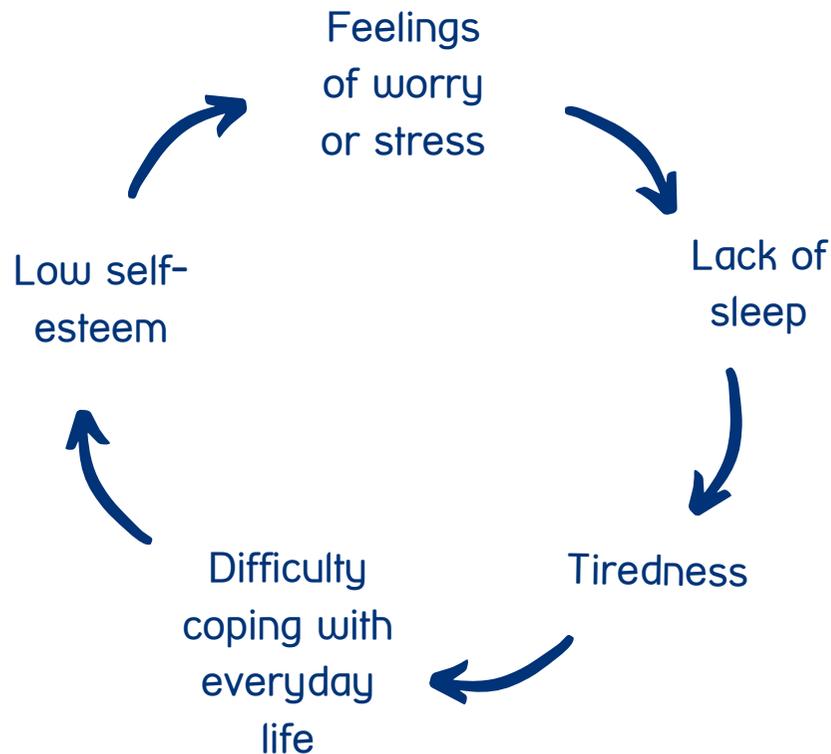


# Sleep Toolkit

Getting a good nights sleep is important for keeping our body and mind healthy. However, as our routines change and we spend more time at home, sleep is likely to be an increasing problem for many people.

Sleep problems can create a vicious cycle for our mental health:



Solent

...this short guide will give you some tips if you are struggling with sleep...

# The 3 Point sleeping plan

If you have trouble sleeping, the cause can normally be found in these three categories:

- Environment
- Thinking
- Behaviour

Looking at each of these categories in turn can help you come up with a personalised plan of changes and routines you can adopt to help you sleep.



## 1. Environment

Are there any changes you can make to your sleeping environment?



## 2. Thinking

**Worrying about not sleeping will keep you awake!**

Don't focus your attention on the worrying thoughts, notice that they are just thoughts, then put your attention somewhere restful - try our relaxation technique on the next page.

You can also distract yourself by thinking about a random sequence of objects for a few seconds each. E.g. a table, a tree, a saucepan, a cow, a cloud etc.

# 3. Behaviour



Great sleep is created way before you get into bed. The activities and routines below are all known to contribute to a good night's sleep. Try to complete each one every day, tick them off and record how you slept. This will help you see patterns and discover what works well for you.

	MON	TUE	WED	THU	FRI	SAT	SUN
Get active for at least 30 minutes during the day, like a 15 minute walk and 15 minute bike ride, moving the lawn or similar.							
Spend at least 30 minutes outside in the sunlight, preferably at the beginning of the day.							
Don't nap, especially after 3pm.							
Complete housework or homework before your evening relaxation so you can properly wind down.							
Avoid stimulants like tea, coffee, chocolate or alcohol after 6pm.							
Plan something relaxing before bed like a warm bath or a guided meditation on YouTube.							
Stop using your phone, laptop or console for at least an hour before bedtime.							
How was your sleep?:	Good!	OK	Poor	Good!	Poor	Good!	OK

# Relaxation

Sitting still isn't always enough to make you feel relaxed enough to go to bed. Try these techniques.

Gently breathe in, hold and let go.

Gently pull your toes up towards your knees, hold briefly and let go.

Press your heels into the floor, hold and let go.

Gently pull in your tummy towards your spine, hold briefly and now let go.

Pull your shoulders up towards your ears, just enough to recognise the tension, hold briefly and now let go.

Gently press your elbows and upper arms to the sides of your body, hold and now let go.

Clench your fists – hold – and let go.

Grit your teeth together, hold briefly and now let your jaw sag slightly.

Press your lips together – now let go until hardly touching.

Screw your eyes up a little, hold then let go.

One last time, gently breathe in – hold – and let go.

Find a quiet space and list the following things in your head:

- 5 things you can SEE
- 4 things you can FEEL
- 3 things you can HEAR
- 2 things you can SMELL
- 1 thing you can TOUCH