Pebble Hypnotherapy
CHANGE YOUR MIND. IMPROVE YOUR LIFE.

Sleep Tips

✓ **Increase daylight exposure** – exposure to daylight helps to keep circadian rhythm healthy and regular. There is some evidence that exposure to early morning light can help to reset the body clock and improve sleep patterns.

✓ **Decrease night time exposure to blue light** – blue light is recognised as daylight by our bodies and so also affects out circadian rhythm, so limiting screen time before bed can help.

✓ **Allow yourself down-time through the day** – if the only time you stop is when you go to bed, that's when the worries will surface. Practice relaxation techniques: meditation, deep breathing or gentle yoga. Listening to guided meditation or hypnosis tracks can help you to focus on something else and to relax which helps you to get to sleep and to stay asleep.

✓ **Make your bedroom sleep-friendly** - keep your bedroom dark, quiet, and cool. Ensure a comfortable mattress, pillow, and bedding, avoid TVs or computers in the bedroom and don't go to bed until you feel tired!

✓ **Keep a sleep diary** - record when you go to bed, wake up, naps, and how rested you feel. Tracking patterns may reveal habits or triggers that affect sleep.

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✓ **Establish a routine** – try to get into a sleeping routine and stick to it. Evidence suggests that sticking to the same times, 7 days a week, really helps us to sleep better. Getting up at the same time every day helps us to train our bodies and establishing a regular time for going to bed will also help.

✓ **Short naps** (20–30 minutes) can refresh you, long or late naps may interfere with nighttime sleep.

✓ **Can't switch off?** Remember or imagine going to 'your' special place, re visiting a beautiful walk for example can help us switch off.

✓ **Exercise during the day but avoid heavy workouts close to bedtime**. And try not to eat too late ; eating late in the evening has been shown to disrupt sleep. Limit caffeine, alcohol, and sugary foods, especially in the afternoon and evening.

✓ **Recognise rest** – It's easy to become fixated on how much sleep we've had, and we can get into a vicious cycle, where becoming stressed about this can stop us from sleeping! Try to value the rest you're getting too, quiet activities like listening to calming music, stories or reading can all help to relax us, and even if we don't drop off again, we benefit from resting.

And finally... If awake for more than 20 minutes, try getting up and do a calm activity (like reading) until you feel sleepy again.

If you are still struggling, get in touch. Hypnotherapy can be an effective tool in sleeping well and living better!