

# Healthy *sleep* tips



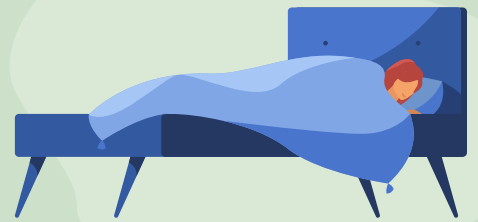
## Consider what you eat and drink

Remember that nicotine, caffeine and alcohol can disrupt sleep. And heavy or spicy meals in the evening can cause discomfort from indigestion which can make it difficult to sleep comfortably.

## Create a comfortable environment

Consider the amount of light, fresh air, the temperature, and amount of noise in your bedroom.

Even things like clean sheets and a fragrance could help sooth you to sleep.



## Be consistent

A regular sleep/wake schedule can help regulate your body's clock. Avoiding naps during the day can also help support a better night's sleep.

## Develop a wind-down routine

Switch off screens – did you know excessive screen time can affect the brain's circadian rhythm? The blue light on mobile phones can lower the sleep hormone called melatonin.

Consider what will help you wind down. Perhaps taking a warm shower or listening to chill music or a relaxation app.



## If you can't sleep...

If you're unable to get to sleep after thirty minutes, get out of bed and go into another room and do something that is distracting yet relaxing, like listening to calm music or a relaxation app, reading a book, or practicing deep breathing. Try not to return to bed until you feel tired.

At first, you may find you need to get out of bed several times before you're finally able to fall asleep. The important thing is that you will learn to associate your bed with sleep and not with worry.



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