

# TOOLKIT: SLEEP



## Important Note

If you're struggling to sleep, waking up feeling unrefreshed or experiencing extreme daytime sleepiness on a regular basis, talk to your GP or a sleep specialist.

THE SECRET TO A GOODNIGHTS SLEEP IS...A GOODNIGHTS SLEEP!

1



## Prioritise Sleep

When it comes to supporting your physical and mental health, sleep is more powerful than diet and exercise combined.

2



## 5 Backstops

The 5 backstops of wellbeing should be your basis, including nutrition.

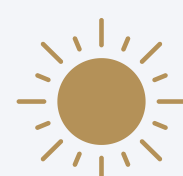
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## Be Consistent

To help regulate your body clock (circadian rhythm).

4



## Natural Light

In the mornings ideally and often.

5



## Avoid Caffeine

Especially after lunchtime.

6



## Wind Down

1hr before bed to allow your body and mind to transition from the activities of the day.

7



## Reduce Screens

Avoid brighter lights in the evening to minimise blue light exposure.

8



## Sleep Environment

Create a healthy sleep environment that's cool, dark and quiet.

9



## Get Tired

So you feel ready to sleep so you aren't lying awake in bed.

10



## Stress & Anxiety

Build a toolkit of strategies that help you calm and soothe your stress levels.

# TOOLKIT: R.E.S.T MODEL



<b>R: Routine</b>	<b>E: Environment</b>
<b>S: Stimulation Control</b>	<b>T: Thinking</b>

## ROUTINE

Setting and maintaining a consistent routine that is sustainable and manageable.

Implement this day-to-day preferably at the weekends as well as during the week

## ENVIRONMENT

Optimising the sleeping environment, to provide the best possible conditions for sleeping in.

Reducing / removing any environmental factors that are not sleep promoting.

## STIMULATION CONTROL

Recognising behaviours, practices, activities and substances that can impact positively and negatively.

Particular emphasis on alcohol, nicotine, caffeine, exercise, food and fluid intake.

## THINKING

Exploring thinking styles and the specific impact of low mood and worry on sleep.

Identifying strategies to manage these and so improve the sleep experience