

GOOD SLEEP DOESN'T HAPPEN OVERNIGHT

Be Sleep Smart

SLEEP HYGIENE

Sleep hygiene is a term used to describe good sleep habits. In other words, things YOU can do to give yourself the best chance of a good refreshing sleep.



Most of these things are common sense but in the hustle and bustle of modern life they can often be neglected.

Here are some easy steps for you to try that may help you get a good night's sleep.

Be consistent with the time you go to bed

Be consistent with the time you wake up

Keep your bed for Sleep and Sex

If you can't Sleep, get up and do something boring then try again

Avoid caffeine after 3pm (coffee tea, chocolate, energy drinks)

Keep your bedroom comfy, quiet, dark and free from technology

Develop a bedtime ritual, take a bath, read, and relax before bed

Maintain your daily routine regardless of how much sleep you get

Eat a balanced diet and don't go to bed too hungry or too full.

If you need a nap, keep it short (less than 30 minutes) and before 3pm.

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UNSW Counselling and Psychological Services (CAPS)

www.counselling.unsw.edu.au

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