

Sleep Hygiene Workshop Notes

This worksheet is a companion to the video workshop and is not intended as a stand alone worksheet. Please consider your own confidentiality when writing, storing and disposing of this sheet.

- When we're asleep our body gets a chance to heal, grow, repair and come back into balance
- We need 7-9 hours sleep a night

Signs of sleep issues

- Irregular bedtime
- Irregular sleep duration
- Interrupted sleep
- Intrusive thoughts during the night
- Daytime fatigue

Good sleep hygiene is

- Having a set night routine
- Having a room conducive to sleep
- Managing noise or light issues
- Exercise helps to use up excess adrenalin and increases serotonin and dopamine and is often conducive to sleep
- Manage temperature
- Keep your room clean and tidy
- If you have allergies keep the room allergen free

Circadian rhythms

Sleep is maintained by our circadian rhythms and hormones such as melatonin which is secreted from the brain. Circadian rhythms are how the body tunes into the natural cycles of night and day. As it gets dark, our body secretes melatonin which prepares us for sleep. Bright lights and screens hinder this process. You can buy lights that imitate the natural light. You can use apps on computers, phones and devices that also imitate natural light

- Stimulants such as alcohol, nicotine, sugar, coffee and others can affect our sleep cycle, we should avoid strong stimulants from afternoon onwards
- Large meals before bed can prevent sleep

Sleep aids

Eye masks, weighted blankets, routine, herbs (valerian, CBD), bath, warm drink, room temperature.

What is the most substantial change that you could make to improve your sleep hygiene?
