

SLEEP SUPPORT

R= Routine

- Following the same routine each evening and going to bed at the same time can help your body to feel sleepy.
- Start a routine around an hour before you want to sleep. Try an activity that you find relaxing such as drawing, reading or listening to calming music.
- It needs to be repeated for it to become a routine, even on weekends!

E= Environment

- Make sure your bed and pillows are comfortable for you.
- Minimise the use of electronics in your bedroom. Blue light stimulates the brain and tricks us into thinking it is still daytime.
- Keep your bedroom environment dark, quiet and free from clutter.
- Make sure the temperature is a bit cooler in your bedroom.

S - Slow down

- It's important to reduce some activities towards bedtime, particularly those that can be stimulating for our brain and body!
- Regular exercise can help you sleep as it tires your body, but it's important to not exercise too close to bedtime.
- Avoid sugary food and drinks for 2 hours before bedtime, try sleepy foods like bananas, oatmeal, almonds and cherries.
- Avoid caffeine before bed. Caffeine is hiding in lots of things we think relaxes us like chocolate.

T - Thinking

- Bed time can often be a time where our thoughts are racing and we find ourselves worry. It can be helpful to try some strategies to change our thinking.
- Relaxation and mindfulness may help try a breathing activity or mindful colouring before bed.
- Create a worry diary. Write down any worries that come into your head and schedule a time to address them the next day

Sleep Support Summer Workshops

Learn practical tips and strategies to improve sleep and develop healthy bedtime routines.

Group 1 : Tuesdays: 21 July, 28 July & 4 August

Time: 11:00am - 12:00pm

Group 2 : Tuesdays: 11 August, 18 August & 25 August

Time: 11:00am - 12:00pm



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