



T 1300 73 50 30

E [info@lifesupports.com.au](mailto:info@lifesupports.com.au)

W [www.lifesupports.com.au](http://www.lifesupports.com.au)

PO Box 1265 Box Hill, Vic 3128

Level 1/401 Whitehorse Rd Balwyn 3103

ABN 25 072 469 654

## Good Sleeping Patterns

Having difficulty sleeping can be very distressing during the night and can severely interfere with your daytime functioning and mental state. There are many reasons why people may have difficulty sleeping:

- ◆ physical pain or illness
- ◆ sleep apnoea (a condition where a person stops breathing for short periods during the night)
- ◆ anxiety, depression, stress or trauma and emotional problems
- ◆ worrying about not sleeping
- ◆ napping during the day
- ◆ not having enough physical exercise
- ◆ being over-stimulated at bed time by television, caffeine, nicotine or alcohol
- ◆ erratic bed routine (e.g. working late shifts)

While there are many factors which can affect sleep, having good sleeping patterns can maximize your ability to sleep. If you are having difficulty sleeping it might be helpful to:

- ◆ Establish a calming bed-time routine. It doesn't matter exactly what this is, as long as it is predictable, calming and tells your brain that it is time to go to sleep. E.g. Brush your teeth, put the dog in laundry, read a chapter of a book, go to the toilet, and then go to bed.
- ◆ If you don't fall asleep in half an hour (keep calm, the world won't fall apart if you don't sleep), get up and go to another room and do something quietly until you feel sleepy, then go back to bed and try falling asleep. If you are not asleep in half an hour repeat this process until you fall asleep. By doing this you will associate bed with sleep and you will teach yourself to fall asleep quickly in bed. If you are up for most of the night keep calm by reminding yourself that it will be easier tomorrow night because you are more tired. If you need to, take a week off work for this process.
- ◆ Do not sleep during the day.
- ◆ Wake up at the same time everyday regardless of how tired you are or what time you went to bed.
- ◆ If you become anxious or worried during the night, write down what you are worried about and set time aside the next day to address your worries.

(continued on the next page)

- ◆ When you go to bed fill your mind with a relaxing pleasant experience you have had. Focus on the soothing and relaxing details of this experience. Eg. Picture a relaxing walk on a beach or a dinner in a restaurant you enjoyed.
- ◆ Take control of your self-talk during the night. Give yourself soothing messages such as 'Even though I'm not sleeping, I'm still resting, I have a plan and my sleeping will get better', 'The worse I sleep tonight, the easier it will be tomorrow', 'If I need to I can take tomorrow off work' (even if it's not true it helps).
- ◆ If you are not sleeping remind yourself that you have a plan for better sleeping and that being tired won't kill you.
  
- ◆ Use your bed only for sleeping. Do not read, watch television, work, knit etc in bed. You need to learn to associate bed with going to sleep.
- ◆ Don't work, study, argue, eat a big meal or have caffeine, nicotine or alcohol close to bed time.

Please feel free to contact Life Supports on 1300 735 030 if you would like to discuss your situation with a professional counsellor. You can find more information about Life Supports services by visiting [www.lifesupports.com.au](http://www.lifesupports.com.au).