

Taking Care of You: Getting a good night's sleep

We hoped that you enjoyed your Sleep Webinar. Here is some information to support you after the session.

Routine and Structure

- Avoid exercise, hot baths, eating, nicotine, excessive alcohol and fluid intake and blue screens in the 2 hours before bedtime to aid with winding down.
- Try to get exposure to natural daylight (by being outside, not through a window) as much as possible.
- Exercise outside in the daytime if possible.
- Try and stick to a routine as much as possible
- If you are tired during the day, take a rest. Try to avoid doing this in the bedroom and avoid napping if possible.

Looking after your Wellbeing at home

- Write worries and concerns down in a room other than the bedroom and at least 2 hours before bed.
- Use relaxation tips such as meditation, Relaxation scripts, Yoga, Breathing exercises.

Supporting Links:

<https://sleepunlimited.co.uk>

Breath work

Short breathing exercise for Anxiety: <https://soundcloud.com/halsawellbeing/anxiety/s-xSH6iSftMu7>

Short breathing exercise for finding Calm: <https://soundcloud.com/halsawellbeing/finding-calm/s-Grerm9UodqW>

Simple breathing exercise: <https://soundcloud.com/halsawellbeing/simple-breathing-exercise/s-4CRoP60x13I>

Meditations

Body Scan Meditation: <https://soundcloud.com/halsawellbeing/body-scan/s-ljAc3oHTpAs>

Guided Meditation: <https://soundcloud.com/halsawellbeing/guided-meditation/s-ZqZMAg19kCl>

Sleep Meditation: <https://soundcloud.com/halsawellbeing/sleep/s-2dpaKq07koM>