



PEACEFUL
SLEEP
HANDOUT

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Insomnia occurs when the body and mind are in a state of alertness. Overactivity during the day often persists at night in the form of restless or broken sleep.





Remember that habits are as hard to form as they are to break, so put each hint into practice for at least ten consecutive nights before discarding this as useless.



Notify your practitioner of medical conditions which might interfere with sleep such as asthma, heart burn, angina, arthritis, pain or breathlessness under treatment.



Reduce sedatives: alcohol and some medications which can impair one's ability to have a quality deep sleep. You should seek advice from your doctor before stopping 'prescribed' medications.



Have a hot shower or bath before bed: Our body temperature peaks in the daytime and falls during sleep. We tend to fall asleep as our body temperature begins to fall, this will happen dramatically when your shower has finished.

Alternatively: lie on cold floor tiles (like those found in most bathrooms or kitchens) This will help your core body temperature to drop which in turn will help you to get to sleep. This technique is especially useful when you feel too hot to sleep. And don't forget to turn off your electric blanket!



Reduce stimulants: tea, coffee, chocolate, cigarettes which prevent quality deep sleep. Another important matter is timing, intake of these types of stimulants need to be consumed early in the day. E.g. coffee in some sensitive people should not be consumed after 2pm in the afternoon.



Reduce factors which might arouse you from sleep: external noise, uncomfortable bed or extremes of temperature. Ear plugs are OK to use.



Get plenty of morning sun light: This will help regulate your sleep-wake cycle.



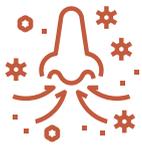
Attempt exercise at least 4-6 hours before bed time. Ideally to a level which causes you to perspire.



Avoid large meals before bed time.



Meditate 5-10 minutes a night before bedtime.



Breathe: imitate the slow, deep rhythmical breathing of sleep.



Journal: write a journal or diary to get all those random thoughts from your mind on to paper. The writing doesn't even have to make sense, but it is better out, than in!



Maintain a sleep schedule: having a set sleep and wake time helps train the 'body clock'.



Go to bed only for sleep, rest & intimacy: this make sure that the body recognises that the bedroom as a place for only these activities. Watching TV, discussing work or reminiscing over the day's events does not setup the right sleep environment.



Hide bedroom clock.



Avoid napping during the day time.

Lastly...

Prepare for sleep. Half an hour before retiring, reduce the intensity of your thinking; whether it is writing a journal entry, reading a book, or playing a game of patience, the important thing is to do what best works for you.

Then take plenty of time to get ready for bed. Get your clothes ready for the next morning, take a leisurely bath, but most importantly make a ritual out of it.