

## SLEEP WELL FOR YOUR GOOD HEALTH

Have you ever had one of those nights, where you lay awake at night, worrying about someone or something. Then, you realise that the clock is ticking away, and that leaves you worrying about not sleeping. Ouch! Yet, there are others who can fall asleep the moment their head touches their pillow. How do they do it? There are four easy steps to getting a good night's sleep.

**Step 1: *Preparing for Sleep:*** You can begin to prepare the mind and body for sleep as the evening draws into night. By dimming lighting, turning off TVs and turning off electronic devices, you are allowing your mind to register that it is time to wind down in preparation for sleep. You can also enhance your sleep preparation further by engaging in activities that you find relaxing (such as reading a good book). You can also have a glass of warm or cool milk half an hour before you go to bed.



**Step 2: *Keeping Yourself Comfortably Warm:*** When you tuck yourself into bed, make sure that the bedding is sufficient to keep yourself comfortably warm. If the room temperature is either too hot or too cold, consider ways of cooling or heating the room quietly so as to reach a pleasant ambient temperature.

**Step 3: *Deep Breathe:*** After you have tucked yourself into bed, you may like to do some quiet deep breathing. You may find by doing so, you drift into sleep.

**Step 4: *Journal:*** If you still find yourself lying awake or awakening in the middle of the night worrying about someone or something, you can journal your thoughts and ideas. In so doing, you are then free to 'let it go' and go to sleep or return to sleep. Alternatively, you can say to yourself "Let me sleep on it". In so doing, you will find that an answer to your concerns will percolate to the surface when you awaken the next morning.

By utilising the above four steps, you will be well on your way to a good night's sleep. If, however, you find that you are still having difficulty getting a consistently good night's sleep, contact us for an appointment. At the end of the day, we are all entitled to a good night's sleep.

So, what will you do to get a good night's sleep from hereonin?