



SLEEP WELL



A TOOLKIT TO HELP YOU GET A GOOD NIGHT SLEEP

IDENTIFYING SLEEP ISSUES

USEFUL TOOLS AND LINKS

TROUBLESHOOT SLEEP ISSUES



INSIDE

04

HOW TO IDENTIFY SLEEP ISSUES?

05

WHAT IMPACTS SLEEPS?

06

A GUIDE TO DEVELOPING A SLEEP/WAKE ROUTINE

08

EATING WELL TO SUPPORT GOOD SLEEP

09

TIPS TO SLEEP BETTER

10

SLEEP HABIT TRACKER

11

"I AM WAKING UP DURING THE NIGHT"

11

WHAT TO DO IF YOU HAVE A NIGHTMARE?

12

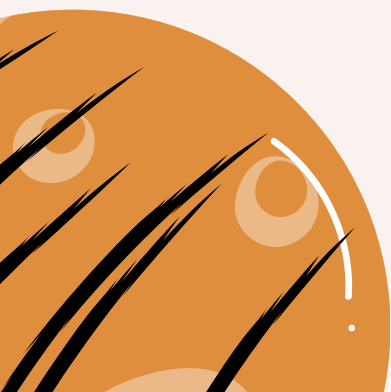
HOW DO I GET BACK TO SLEEP ?

13

USEFUL LINKS

14

BREATHING TECHNIQUES



Note to reader



Please speak your caseworker or clinician, if you have any questions, thoughts or concerns.



How to identify sleep issues?



Sleep problems cover a range of issues from getting to sleep to being able to stay asleep and the overall quality. However, it can often be difficult to recognise these issues. Here are some things you might be feeling.

Your body might feel:

- Tired
- Not able to relax
- No energy
- Weak
- Heavy

Your mind might feel:

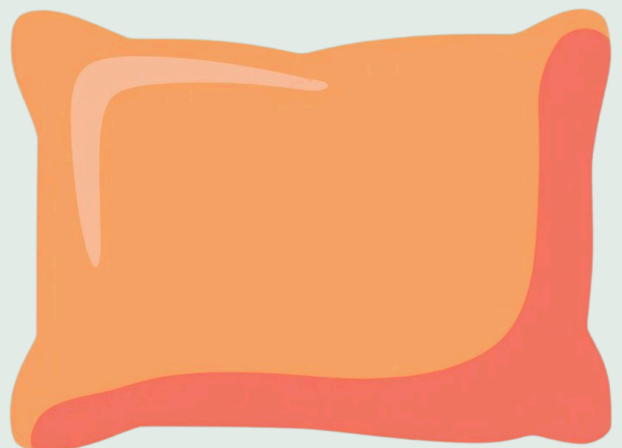
- So tired it makes you feel upset or depressed
- Tense
- Stressed
- Angry
- Impatient
- Worried
- Irritable
- Short tempered

Things you might do:

- Try and sleep in the during the day
- Watch TV or use your phone to pass time
- Lie awake in bed
- Check the time a lot
- Smoke cannabis or nicotine
- Drink alcohol

How your life be affected:

- You might have a random or irregular sleep pattern
- Hard to focus
- Hard to motivate yourself
- Not wanting to spend time with friends or family



WHAT CAN IMPACT SLEEP?



Life change

- such as moving house, new jobs, end of relationship, dealing with death etc



Medication

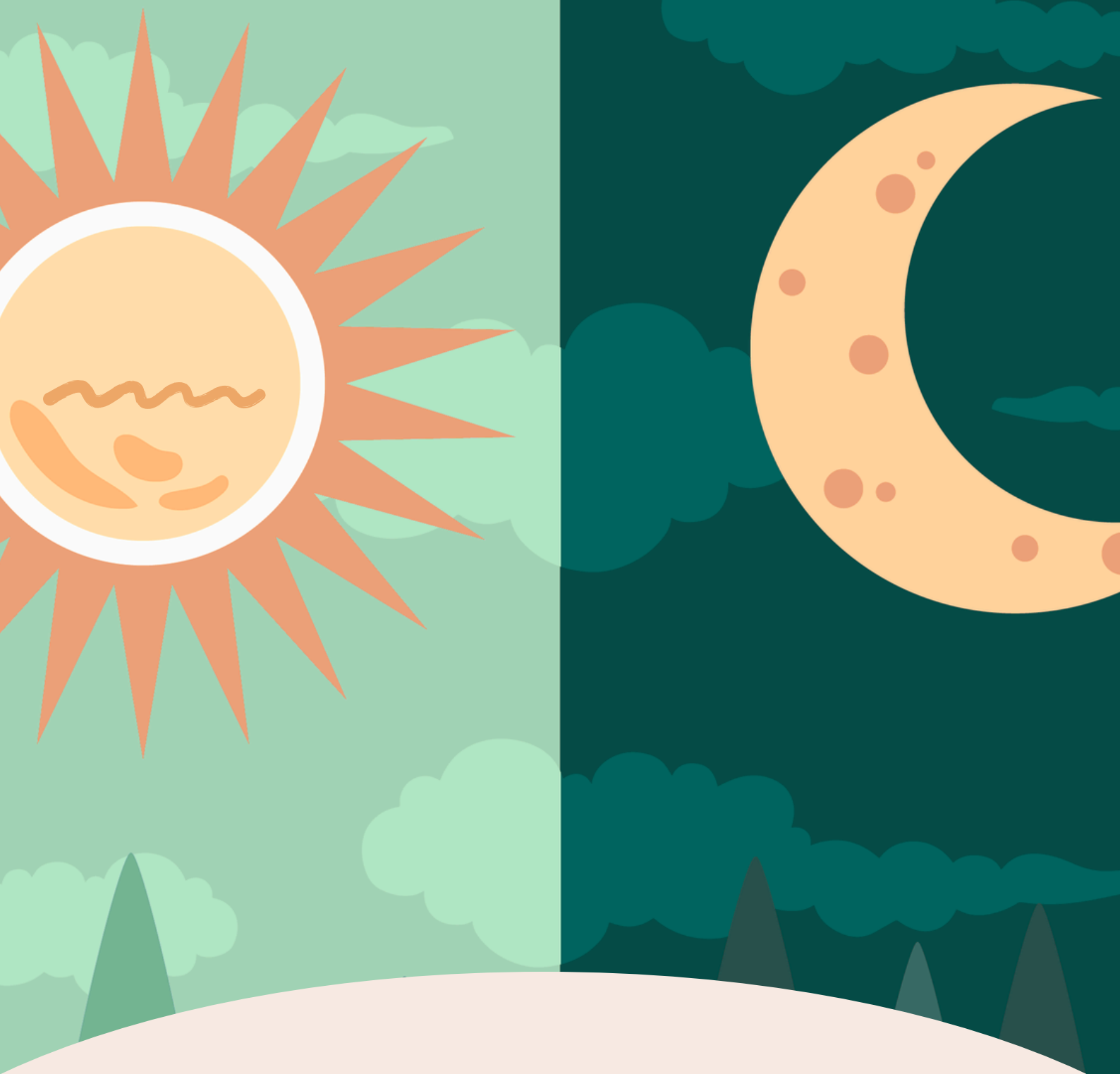
- such as anti-depressants and painkillers can make you feel groggy



Physical Health problems - such as pain anywhere, bladder or bowel problems, mobility problems, nightmares or vivid dreams



Mental Health problem - such as depression, anxiety, post-traumatic stress disorder, dealing with trauma in general



WHAT IS A SLEEP/WAKE ROUTINE?

A sleep/ wake routine is a set of activities done in the morning, through the day and in the evening

Developing a sleep/ wake routine is key to help regulate the body's internal clock. A good routine can not only help you sleep better but, also improve overall functioning throughout the day.

STARTING THE DAY

- Meditation or some gentle stretching
- Showering
- Brush your teeth
- Get dressed
- Eat breakfast
- Plan for the next day



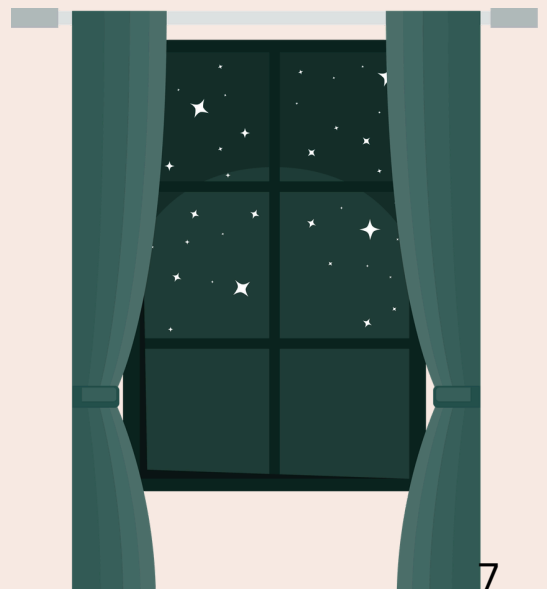
IN THE AFTERNOON

- Eat lunch
- Exercise such as walk, yoga session or class at the gym



IN THE EVENING

- Eat dinner
- Take a bath or shower
- Change into sleepwear - have designated night clothing or pyjamas
- A regular bedtime - do not go to bed if you are not sleepy
- Noting down anything you need to remember for the next day
- Reading a book
- Do some meditation, relaxation exercises or gentle stretching.



EATING HEALTHY TO SUPPORT GOOD SLEEP

Try to include at least from each group

Fiber



Lentils



Black Beans



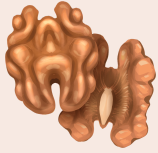
Kidney Beans



Chickpeas



Oat



Walnuts



Apple



Quinoa, Bulgur Wheat



Corn

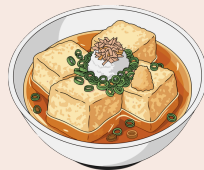


Broccoli

Protein



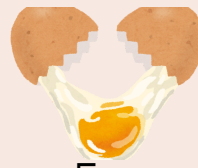
Chicken



Tofu



Lamb



Eggs



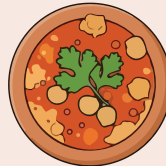
Tuna



Beef



Nuts



Chickpeas



Salmon



Edamame

Carbohydrates



Rice



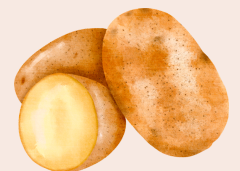
Fruit



Bread



Pasta



Potatoes



Corn



Lentils



Beetroot



Carrots



Noodles

Fruits and vegetables



Spinach



Dates



Tomatoes



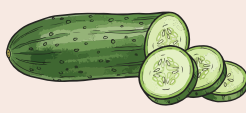
Okra



Peppers



Bananas



Cucumber



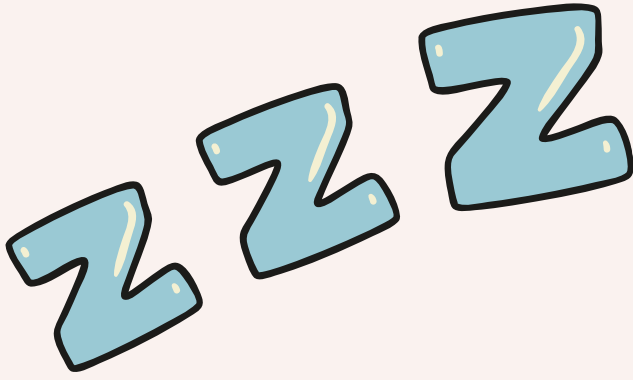
Oranges



Onions



Mushroom



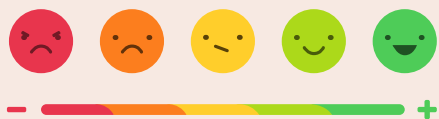
How to sleep better?

Quality sleep is foundational for all forms of health. If you are having trouble, knowing tips, tricks and habits to improving sleep can make a big difference. What habits help you sleep is incredibly personal and often requires a trial period. However, it is very hard to keep track of what habits work best. This section dedicated is practical tips to help build good sleep hygiene and sleep better. It also comes with an easy to use tracking system to help track what habits work for you.

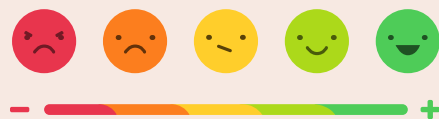


HOW DOES IT MAKE ME FEEL?

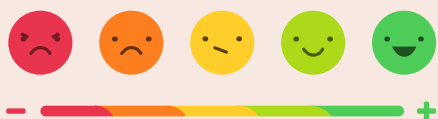
Playing calming sounds such as white noise



Avoid stressors before bed such as talking about traumatic events



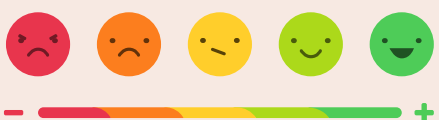
Keeping a cool, dark and quiet sleep environment



Trying an eye mask



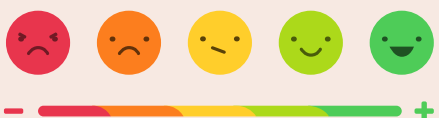
Reserving the bed for sleep and sex only



Lavender pillow spray and diffuser



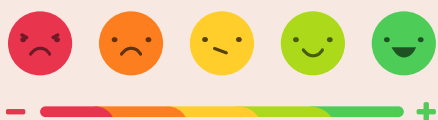
Eating a healthy diet



Get regular exercise



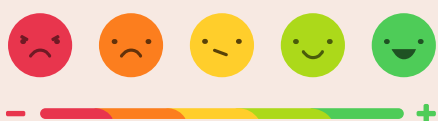
Avoid caffeine 6-10 hours before bedtime



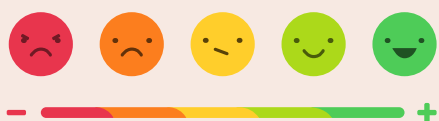
Avoiding your phone and TV - 1 hour before bed



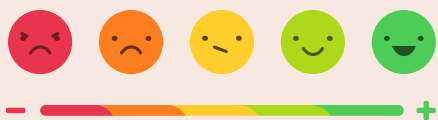
Reading a calm book before bedtime



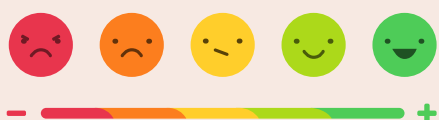
Drink lavender, sleep and lemon tea



Use a weighted blanket



Sleeping in cooler temperature



SOLVING COMMON SLEEP PROBLEMS

WAKING UP IN THE NIGHT ?

- Try using relaxation exercise or meditation
- If you are up for too long try listening to some relaxing music, reading a calming book or make a cup of herbal tea
- Reminder do not watch TV or go on your phone



WHAT TO DO IF YOU HAVE A NIGHTMARE?

Remind yourself you are home and that you are safe.

- Name the objects in your room such as lamp, rug, wardrobe
- Pick a colour, maybe blue and name all the the blue things
Prepare a back to reality kit
- Put a fresh, damp towel or spray bottle beside your bed
- Keep something soothing beside your bed like a soft toy or photo
- If there is a smell you particularly like such as a perfume or essential oil, keep something with that scent by your bed

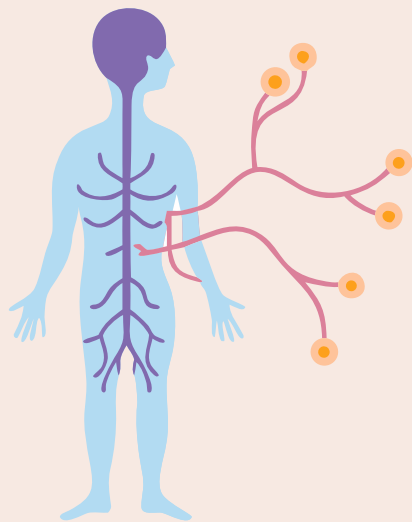


THREE STEPS TO RETURN TO SLEEP

Waking up in the night is usually caused by a heightened arousal and cortisol activation. Here are three steps to relax your body and mind and get you back to sleep.

STEP 1: Slow your nervous system

Breathing is a useful tool when trying to slow down the nervous system. Try the 4-7-8 methods



STEP 2: Release physical tension

Try first curling your toes, tense your feet and then release. Notice the differences in tensing and then releasing. Move up through your body tensing and releasing. Start with your toes, foot, calf, thigh, bottom, core, shoulders and finally your face.

STEP 3: Quiet your mind

To relax your mind, try this exercise. Chose a word like **BLANKET**. It starts with a **B**, so then name words beginning with **B** such as **bridge, ball**. Picture these in your mind. Then move onto the next letter **L** name **Lantern, lemon** and so on.

TOP TIPS

- ✗ DO NOT GO ON YOUR PHONE
- ✗ DO NOT CHECK THE CLOCK
- ✗ DO NOT GET OUT OF BED UNLESS NECESSARY

USEFUL LINKS

Exercise and flexibility_

Flexibility exercise

Meditation for beginners

Balance exercises

Strength exercises

Meditation for sleep

Stretches for when you need to sit down

Sleep sounds and stories

Pashto Fairytales

Rain sounds

Oromo Fairy Tales

White Noise

Natural Environment

Natural Environment

Tropical Beach with waves crashing

Brown noise

Baked Apples on a Blustery Day - Story

Insomnia coach App

**BREATH IN
FOR 4 SECONDS**



**HOLD
FOR 7 SECONDS**



HOLD

**BREATH OUT
FOR 8 SECONDS**

