



GETTING A GOOD NIGHT ¶ 6 6 / ((3

Sleep problems are fairly common. In fact, one in four people experience sleep difficulties, which include trouble falling asleep, trouble staying asleep, early morning waking, sleeping too much, or restless or unsatisfying sleep. Improving your sleep can improve your mental well-being and help you to better manage your anxiety. The good news is that there are things you can do to improve your sleep.



TIP: Sleep problems can be the result of various conditions or medical problems. Therefore, it is important to discuss your sleep problems with your doctor.

To improve your sleep, try some of the following strategies:

Create a Comfortable Sleep Environment. If you want to have a good sleep, it helps to keep your room at a comfortable temperature, not too hot or cold, minimize noise, and block out light.

Relax. Try doing something to relax your body and mind before going to bed. Try taking a hot bath 90 minutes before you plan to go to bed. Or, try a relaxation exercise (see [Calm Breathing](#) and [Progressive Muscle Relaxation](#)), meditation, or listening to calming music.

Have a Snack. Although a heavy meal late in the evening can disrupt sleep, a healthy light snack in the evening can improve sleep. Try eating light cheese and crackers, turkey, or bananas, or drink a warm glass of milk. Avoid heavy, spicy, or sugary foods.

Get Physical. People who exercise tend to have more restful sleep. Exercising for at least 30 minutes three times a week can improve your sleep. So, get moving! Go for a walk or a run. The best time to exercise is in the late afternoon or early evening. (Exercising less than two hours before bedtime can actually interfere with sleep.)

Set a Bedtime Routine. Establishing a consistent bedtime routine can help you fall asleep. So, establish a set routine that you follow every night. For example, have a hot bath, put on your pajamas, brush your teeth, and then listen to soft music and read on the couch until you start to feel sleepy and then go to bed.

Establish a Fixed Awakening Time. Try waking up at the same time every day (even on weekends) no matter how well or how poorly you have slept. This way your body will begin to get used to a regular sleep rhythm.

Sleep Only When Sleepy. 'RQ¶W IRUFH \RXUVHOI LQWR EHG DW D SD QRW IHHOLQJ VOHHS\ <RX¶OO RQO\ OLH DZDNH LQ EHG IU

Just for Sleeping. Your bed should be used strictly for sleeping (sex is the only exception). Try to avoid reading, watching television, working, or studying in bed, because these activities keep your mind active, which gets in the way of sleep.

Get Out of Bed. ,I \RX FDQ¶W IDOO DVOHHS DIWHU WoR PLQXW something boring (e.g., read the manual on how to program your clock radio, read the





Keys to Success :

- **Start Small!** Making small changes. Don't try to do everything all at once. Instead, pick one or two strategies and try them. Then start increasing behaviours that can help you sleep, while reducing the things that are interfering with your sleep.
- **Be Consistent** . Pick a strategy and use it consistently. Try to do the same thing every night.
- **Be Patient.** These strategies can take time to improve your sleep. In fact, sometimes things can get worse before they get better. Hang in there and stick with it!
- **Chart Your Progress.** Use the [Sleep Diary](#) form to keep track of the strategies you are using.