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Your future depends on your dreams :SLEEP WELL



Below are some evidence based top tips to help you sleep well and get healthier every night. Its ok to simply begin where ever you are and try the suggestions below that suit you..

TRY THIS IN THE DAY

Sanctuary

Wake and make the bedroom a sanctuary for the senses; safe, silent, soothing, soft and subtle lighting (take a candle if you travel). The bed is a shrine solely for sleep and snuggles (no stimulants, books or screens).

Light walk

Set your body clock with a daylight walk outside (whatever the weather) in the morning or after a light lunch (like salad or soup). 5 -10min is plenty. Swing your arms, breathe deeply, perhaps walk and talk with a friend. If time allows rest for 5-10 mins before returning to work, refreshed and ready.

Eat well

Enjoy early evening light meals. Gently wean off stimulants (caffeine & alcohol) substituting with warm water or soothing teas. If you are craving for comfort, pause, hydrate, count down from 10 to 1. If it persists get melatonin boosts with an oat biscuit & butter, rice pud, porridge, a banana or 5 nuts (avoid if you are allergic)..

Empty the tension tank and rest regularly

Rest (not nap) for 5mins when you can and for 10 after Tea. (I use a timer). Rise up slowly and roll from side to side before crawling to stand. Capture and clear any thoughts and tasks as they emerge during the day (I use a journal / to do list) This trains your mind to trust you so it stops shouting at 3 am. These are processed when we pause at the end of the day (see below).

Pause, Process, Prepare and Play. Allow time to pause and be present, it helps process emotions (I lie for 10 min after tea). Refreshed and ready then tidy up, resolve tasks, plan and prepare for tomorrow. Also celebrate the good of day, play and daydream. (I keep a journal to jot down 3 gratitudes, 3 challenges and 3 positive plans for tomorrow).

Switch off screens- Set a phone reminder to switch it off and other screens. (I do it at 9pm) and start to unwind.

UNWIND AT BEDTIME

Wind down (I use my switch of screens reminder as cue)

Begin by brushing teeth for a fresh start (for more see website for "toothpaste stickers"). Wash with warm water. Gently release any tension and connect with body by 5-10 mins of yawning /yoga like movements (the "Julie Andrews" works well). Then to bed.

Expect to wake

We all wake at night. Its OK and a natural part of our sleep cycles. Have a plan in place, to sip some water, turn over the pillow and slip back to sleep. The techniques below help. Its also ok to go to another quiet place, jot down any thoughts for 5 mins then brush teeth and bed to start the unwind again.

Last Lines

Lying in bed, feeling sensations, squeeze and release as you whisper: "My day is done" "It's time to sleep" "I can let go" "Squeeze and release" (gently squeeze the muscles of your body as you inhale and release and your exhale)

Listen to your breath

If needed or if you wake, focusing and extending 3 breaths with the internal phrase SLOW- LY (inhaling) and LET-GO (exhaling). Then silence.

SLEEPS WELL in a week check list.

Fancy improving your sleep? Why not try the sleeps well check list for a week: Begin by writing down you Mission. Why would you like to sleep well? I would like to sleep well because....

Having just read the information overleaf we begin the week’s work at day 1.

- In the day 1 column (shaded grey on the table below), please tick from the list of 10 SLEEPS WELL skills those you already did yesterday.
- Score it out of 10 in the box below (1 for each sleep skill).
- Now consider how well you slept last night? (Score this out of 10 too).
- Repeat this process each morning by making time to review what happened the night and day before, ticking the boxes corresponding to the sleep skills tried. Also put a cross in 1 skill that you could focus on improving that day.
- Then pause and be present. State your mission (you wrote overleaf) and focus on the 1 thing that you plan to try and how to best make it happen. Rehearse it going well in your imagination. Finally write it in the plan for today.

As the week progresses, experiment with and score the different sleep skills you try (feel free to add your own new ideas too). We deliberately focus on rewarding your efforts (checklist & skills tried) as much as the desired result (quality of your sleep). Bring out the best by being realistic, diligent, patient and kind with yourself in this process It’s ok to miss day or two and start again. (I book a break on Saturday). Perhaps focus on just one skill at time to get it right before adding another. Also feel free to use helpful rewards (like a hot bath). Good luck. You can do it !

Sleep Skills	Day 1	2	3	4	5	6	7
Sanctuary							
Light walk							
Eat well							
Empty tension							
Pause to process							
Switch off							
Wind down							
Expect to wake							
Last lines							
Listen to breath							
Skills achieved Score out of 10							
Quality of sleep out of 10							
Plan for today							
Eg (Light walk with Sally at 1pm around the park)							

At the end of the week lets celebrate what we MADE. Please write what you will :

Maintain ? I will keep doing...

Attain ? I will start doing...

Destroy ? I will stop doing...

Enjoy ? Thankfully, now can sleep better ,I look forward to...

Well done. I hope you slept well. Feel free to repeat this process as often as you like.