



Sleep Tips

Check out these tips to support your *Sleep* and *Wellness*:

KEEP IT REGULAR

The body has a natural clock which will make you sleepy when you're ready for bed – try to listen to this and aim to go to bed and get up at more or less the same time each day. Even on weekends! Try and avoid the temptation to try and make up for a poor night's sleep by sleeping in as this can disturb your body's internal clock.

IF AT FIRST YOU DONT SUCCEED GET UP AND TRY AGAIN

If you haven't been able to drop off to sleep after about 20 minutes, get up and do something calming or mundane in dim lights until you feel sleepy, then return to bed and try again.

MORNING RAYS

Seeking out direct sunlight for at least 10mins after waking helps our bodies prepare hours in advance for quality sleep by kicking off the natural production of melatonin, our body's sleep hormone.

BRING THE DAY TO AN END

To help consolidate and bring closure to your day, spend a few moments before bed reflecting on the day and writing in a journal. Write down and express your day's highlights, challenges, and opportunities for growth to assist the mind to let go of the day and ease into the present moment.

CREATING A SLEEP FRIENDLY SPACE

Create a quiet, dark and comfortable space for sleeping. Keep the temperature cool with enough blankets to stay warm, reduce as much light and noise as possible and remove any clocks from view.

Jason Patchell,
Leading Psychologist, *Surfing Australia*

Download Jason's **Sleep Meditation** to aid you in elevating your sleep.