



A W A K E N
p s y c h o l o g y

healing

through

growth



This article is all about sleep. Find out how a few simple changes can help you get a better night's sleep.

And don't forget, our last article was about detoxing from social media. [Click here](#) to find out more ... even if you think you don't need to do it!

Sleep ... 8 Tips To Getting More Zzzzzzz's

**By Amanda Pulford
Director and Clinical Psychologist
(BPsych Hons, MPsych Clin)**

If you're interested in our previous articles, please click [here](#)

Did you know that going without sleep for 17-19 hours is the equivalent of having a blood alcohol content of 0.05? And did you know that ongoing sleep deficiency can raise your risk for some chronic health problems. Fascinating (and scary), isn't it? Sleep is one of those underrated functions ... until you don't get any. Getting enough quality sleep at the right times can help protect your mental health, physical health, quality of life, and safety.

If you've got a suggestion for an article, or there's something more you would like to hear about, please send us an email by clicking [here](#)

So, if you struggle with sleep, read on to find out the top eight tips to getting more of those precious zzzzz's.

AWAKEN PSYCHOLOGY

Healing Through Growth
118 Partridge Street
Glennelg South SA 5045

e : amanda@awakenpsychology.com.au
w : www.awakenpsychology.com.au
fb : www.facebook.com/awakenpsychology
t : www.tumblr.com/blog/awakenpsychology

p : 0488 954 195
f : 08 8294 3100

1. **Keep a routine** : Getting a good sleep means working with your body clock (an internal 'clock' within the brain that controls the alternating sleep-wake cycle), *not against it*. So, get up at the same time every day and go to bed at the same time every day. However, if you're tired – go to bed a little earlier, but if you're not tired – go to bed a little later. Make sure you wake up at the same time each day though. And get some sunshine first thing in the morning. Keeping a routine and getting sun exposure early in the morning all help to set your body clock.
2. **Have a comfortable environment** : You're more likely to get a good sleep if your bedroom feels restful and comfortable. So, invest in a comfortable mattress, make sure the room is cool, ensure the room is dark and as quiet as possible, and use your bedroom only for sleeping and intimacy (if you use your bedroom to watch television, go on-line, or talk with friends your brain will quickly associate your bedroom with activity and not rest).
3. **Avoid Stimulants** : Some people believe that cigarettes or alcohol help them relax and in turn help them sleep better; however, cigarettes, alcohol, sugar and even caffeine can disturb your sleep patterns. So, avoid cigarettes two hours before bed, avoid alcohol in large quantities, don't have caffeine (chocolate, tea, coffee, caffeinated energy drinks, etc.) from late afternoon onwards, and try to avoid refined sugars especially close to bedtime.
4. **Get Moving** : Exercising every day is so good for us, but try not to do it too close to bedtime. Allow your body time to wind down before you try to sleep.
5. **Don't Nap** : Napping for extended periods of time during the day interrupts our sleep pattern, and our body clock. To give yourself the best chance of getting a good night's sleep, avoid the daytime naps.
6. **Create a Bedtime Routine** : Create a routine so that your brain gets used to the habit of going to sleep. Switch off technology one hour before going to bed. Take a bath or shower, change into your PJ's, read a book, or meditate. Put on some 'white noise' to help your brain relax.
7. **Don't Worry** : Often people say that they can't shut off their mind when they go to bed. So, if worry keeps you awake, write down your worries a few hours before going to bed and problem solve them if possible – then if your brain wants to worry, remind it that you've already done your worrying. Maybe try relaxation exercises or breathing techniques to keep your brain away from worrying.
8. **Don't Clock Watch** : Watching your clock throughout the night is a sure way to keep yourself awake. Turn your alarm clock to the wall so you can't read the time.

If you have tried all the above techniques and your sleep still isn't improving, please feel free to contact us on 0488 954 195, amanda@awakenpsychology.com.au or [click here](#)

AWAKEN PSYCHOLOGY

Healing Through Growth
118 Partridge Street
Gleneig South SA 5045

e : amanda@awakenpsychology.com.au
w : www.awakenpsychology.com.au
fb : www.facebook.com/awakenpsychology
t : www.tumblr.com/blog/awakenpsychology

p : 0488 954 195
f : 08 8294 3100