

- Take 15 mins out of your day to stop and pause and move away from the build up of mental stress
- Write things down. "Put the day to bed". Take 5 mins and write rather than type. Separate into 3 main sections. 1) What went well in your day. 2) What didn't go so well. 3) Your to-do list. Put down whatever comes to mind
- Then you process it the next day. Spend 5 mins and review the diary. Review the to do list, and put a deadline by each action
- We must give ourselves the permission to have this wind down time to ease ourselves into sleep
- Try and move away from screens in the lead to bedtime because screens give off a blue light which energises us
- The blue light can take over the production of melatonin, our sleep hormone, and we want that in abundance before getting into bed. That's the hormone that helps us feel sleepy and allows us to sink into the sleep cycles
- A hot bath or hot shower is also good as it raises our body temperature, and the subsequent drop in body temperature afterwards helps stimulate the production of melatonin
- Podcasts, music, audiobooks, mindful colouring - all give an opportunity to help switch off as well
- Try and keep the temperature of the bedroom on the cool side. If you need to, layer up with duvets and blankets
- Looking at the clock in bed can induce anxiety which affects our ability to get to sleep
- If you can't sleep for what feels like 10-15 mins, get up and move to a different space to relax
- Insomnia is when you struggle with sleep significantly, at least 3 x a week over a 3 month period
- First port of call is CBT Cognitive Behaviour Therapy for insomnia
- Recognise that this is just a blip
- Sleep is innate. Don't label yourself as not a good sleeper. There's so much you can do
- Everyone has the possibility to get a good night's sleep
- Regulate your body clock by regulating your bedtime and wake up time. During your day try and regulate the time that you eat
- Look up a breathing technique called Equal breathing to slow down your breathing
- You need to step back and prioritise yourself