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# Sleep Resources

## for Aboriginal & Torres Strait Islander Peoples

Sleep is important for physical and mental wellbeing.  
Check out the resources on the WellMob website  
to help with sleep.

There are many things that could contribute to poor sleep.  
Ongoing problems with sleep may indicate mental wellbeing  
concerns that need specific attention.



Websites

### HOW TO GET A GOOD NIGHT'S SLEEP

A webpage with practical tips on getting to  
and staying asleep.

**REACHOUT**



Audio

### DREAMY

Traditional stories that create a sense  
of calm to help you sleep.



Documents

### GOOD SLEEP FOR KIDS AND SAFE SLEEP FOR BABY: ABORIGINAL FAMILIES

A poster that has tips to help babies and  
children sleep well.



Apps

### SMILING MIND

A free app with guided meditations to calm the mind  
and help with sleep.



## We recommend providing these crisis numbers

**13YARN: 13 92 76**

**Kids Help Line: 1800 55 1800**

**Suicide Call Back Service: 1300 659 467**

**Lifeline: 13 11 14**

**Beyond Blue: 1300 224 636**

## Tips for getting a better sleep from ReachOut

Our bodies and brains need a good night sleep to **repair, grow and give us energy** for a new day.

There are lots of things we can do to make sure we get enough **sleep to feel deadly.**



Set a routine for going to bed and getting up at the same time each day



Stay away from alcohol, cigarettes and caffeine before bed



Turn off electronics at least an hour before bed



Practise relaxation techniques



Dont nap during the day



Exercise outdoors in the mornings



Reduce light and noise before sleep



Click here to connect to WellMob  
for other resources  
[www.wellmob.org.au](http://www.wellmob.org.au)

