

# Healthy sleep habits for all our mob

## Steps to your deep dreaming so you wake up feeling dead

Following these tips can help improve your sleep.  
Remember to yarn with your GP if you are having sleep troubles.

### DAYTIME THINGS TO HELP YOU SLEEP

**Exercise regularly:** A daily walk or stretch can improve sleep quality. Try and do something outdoors, although avoid intense workouts at night that may disrupt sleep.

**Eat healthy foods:** Avoid sugary foods and drinks, especially near bedtime. A light bedtime snack can help sleep although avoid large late-night meals.

**No naps after 3pm:** If you must nap, keep it less than an hour and only before 3 pm.

**Track your sleep:** Try recording your sleep patterns to see what may help or hinder your sleep in an app or diary.

### WINDING DOWN IN THE EVENING

**Avoid caffeine, sugar, and smoking/vaping near bedtime:** Avoid coffee, tea, soft drinks, chocolate and pre-workout drinks within 4-6 hours of bedtime.

**Avoid alcohol near bedtime:** Alcohol disrupts your sleep cycle and leaves you tired and groggy the next day. Don't drink grog within 4-6 hours of bedtime to allow your body time to process it.

**Use your bed only for sleep:** Lying in bed to watch TV, using a digital device, eating or even read can confuse your body. Only use your bed for sleep, rest or intimacy.

**Keep a healthy sleep routine:** A calming bedtime routine can help sleep. Try to stretch, meditate or enjoy a cup of herbal tea or milk every night. Be consistent to help signal to your body that it's time for sleep.

### GETTING READY FOR BED

**Set your alarm:** Alarms can help you go to bed and wake up around the same time every day. Adults need 6 to 8 hours sleep on average, children need 8 to 10 hours.

**Have a shower/bath:** A wash 1-2 hours before bedtime can help sleep. Afterwards, your body cools down, making you feel sleepy and more ready for bed.

**If you can't fall asleep, keep trying:** If you don't fall asleep within 30 minutes, try something calming or boring (read a book or meditation app) for 20 minutes, then try fall asleep again.

**Create a sleep-friendly environment:** Make sure your bed space is quiet, comfortable and without distractions.

**Block out light:** Darken your bedroom with curtains or blinds or use an eye mask if you can't control natural light.

It's normal to have difficulty falling or staying asleep every now and then.  
But see your GP if you are having ongoing trouble sleeping.