



The Importance of Good Sleep and how to Achieve it

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Good Sleep is an essential Pillar for good health. It's a natural and basic need for Physical, Mental and Emotional health.

To Digest, Repair, Recycle and Restore our bodies, Minds, Souls

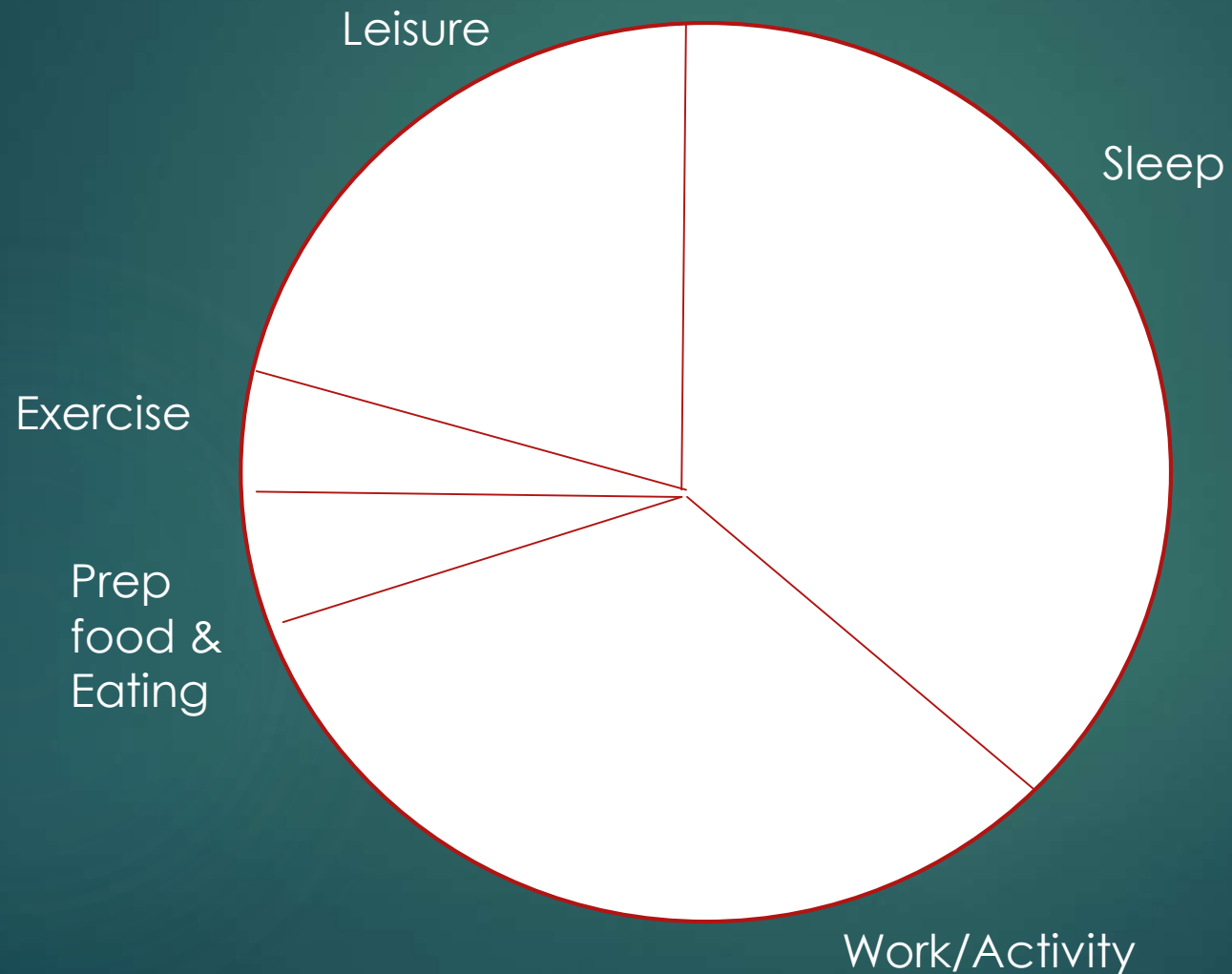
Circadian Rhythm



20th Century ... 24 / 7 lifestyles



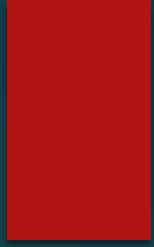
What is your average routine in 24 hrs





What does your 24 hr pie chart look like ?
Are you living a balanced life, with enough basic necessities? Sleep isn't a luxury it's a necessity !

Sleep, exercise, stimulation / achievements,
good health giving food, water, fun & friendship,
rest and relaxation ?????



▶ Problems Sleeping ? How to improve our sleep?

- What is preventing GOOD sleep?
- Can I do anything about it?





▶ Problems Sleeping ? How to improve our sleep?

- ▶ Sleeping Environment – Room, Bed / Mattress, Bedding, Pillows,
- ▶ Darkness, black out curtains, eye shields.
- ▶ Weighted blanket.
- ▶ Night time routine .. Don't eat late – increase your fasting window
 - .. Go to bed earlier – aim for 8 hrs sleep!
 - .. Reduce mental stimulation, Amber glasses for 1hr
 - .. Night Cap .. Water or Camomile tea.. Dozy Girl Tea,
 - .. Pleasant fragrances like lavender
 - .. Electronic devises off. Phones off or away from head
 - .. Cool feet down / warm feet up

▶ Problems Sleeping ? How to improve our sleep?

Brain and Body strategies

- ▶ Mindfully get comfortable, relax, breathe.
- ▶ Reassuring touch,
- ▶ Prayer / meditation.
- ▶ Worry, anxiety, stress and fears all stimulate the 'Survival Brain' this needs to be calmed down to feel OK to relax and rest.
- ▶ Re focus the thoughts. Stop thought loops. Get tough!
- ▶ Don't get anxious about not being asleep yet / again. Get kind!
- ▶ Breathing to reduce anxiety: Breathe out for longer than you breathe in.

Good breathing to relax the brain



IN through
nose

Hold.....

Out through
mouth

- ▶ Problems Sleeping ? How to improve our sleep?
- ▶ A bar of chocolate melting in the sun.



Sending caring messages to the brain

- ▶ Letting Go of the day, resting until the next day begins.
- ▶ Brain function WILL resume. WHEN RESTED!



I am so heavy a crane could not lift me



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If You Wake in The Night

- ▶ Repeat some of the going off to sleep routines again
- ▶ Reassure yourself of being Safe and OK.

* IF you haven't gone off to sleep after 20 mins then get up and

DO SOMETHING BORING – DON'T REWARD YOURSELF FOR BEING AWAKE!

*Tell yourself "I'd rather be asleep than doing this"

BE DETERMINED - NO phones, screens, or stimulation, no caffeine.

* Repeat the going off to sleep routines again – We are creatures of habit so persevere keep going with your Chosen Strategy – You WILL Crack It!

Useful sites for sleep aids.

Healthy Children .org – sleep tips for the family

Circadian Rhythm info

f.lux to reduce Blue light at night

You Tube :

Calming Sounds / Deep Sleep Music: Rain, Waves, ASMR White Noise

Spoken Sleep Talk Down : Meditations for insomnia

Deep Sleep Stories

Guided Sleep Stories

Abide App. Bible Sleep meditations

Soothing natural sounds and music

5 Minute bedtime stories and fairy tales for children

Calming Voices to send me to sleep / WYSA

Progressive relaxation techniques tense and relax through your body

Breathing techniques to help you sleep.



Spring to Life Informational Videos can be found on Living Well Uk's web site

<https://livingwellconsortium.com/therapy-room/daily-wellbeing-practices/>

Including : talk on sleep, The three B's for well-being, The Window of Tolerance, Reducing the Inner Critic, Mindfulness Practices.



You can find out more about Spring to Life and the charitable work we do on our website.

www.springtolife.org