

Checklist for a good sleep

Sleep problems are common during times of stress, and poor sleep can make the stress that much worse. You may find you spend a lot of time in bed sleeping but just don't feel rested. Or, you may find that you have a lot of problems falling asleep.

steps to a better sleep

You'll find that getting good sleep every night will help you feel better during the day.

Here are some things that you can do to help you get a better night's sleep.

1. Set a time to go to bed and wake up, and stick to this seven days a week.
2. Avoid caffeine, alcohol, nicotine and heavy exercise after dinner.
3. Do something relaxing to unwind before going to bed.
4. Avoid using the bed as a place for reading, watching TV, eating or working.
5. Keep your bedroom dark, quiet and at a comfortable temperature. Make sure your bed is comfortable.
6. If you don't fall asleep after you've been in bed for 30 minutes, get up and engage in a quiet activity, such as reading, until sleepy.
7. Only use sleeping medication as prescribed by your doctor.

Avoiding caffeine and relaxing before going to bed can help ensure a good night's sleep.

managing stress

Visit mindcheck.ca for other strategies to help you manage stress, such as relaxation, time management, problem-solving and goal-setting.

Check it out... Act now!

Information and resources: mindcheck.ca