

Daily Habits for Better Sleep

When you sleep well, you feel better and have more energy. Our brain releases chemicals that tell us when we should be awake and when we should sleep. We can support our internal cycle of sleepiness and wakefulness with activities throughout the day.



Morning

- ☐ Try to wake up at the same time every day to help set your body clock. **Use your phone to set an alarm**
- ☐ Get some sunshine during the day. Aim for at least 30 minutes of natural light daily. **Morning walks are a good way to get both sunshine and exercise.**



Daytime

- ☐ Naps can be restorative but napping for too long can mess up your sleep cycle & confuse your body. **If you need to nap, keep it short (20-30 mins) and earlier in the day.**
- ☐ Do some gentle exercise during the day before 6pm.
- ☐ Avoid caffeine at least 6 hours before bedtime.
- ☐ Alcohol and other drugs can impact the amount and quality of sleep you get. **You can visit Young People's Health Service to discuss supports to manage the use of alcohol and other drugs, or contact YSAS: [ysas.org.au](https://www.ysas.org.au) or 1800 458 685**



Evening

- ☐ Use night mode or reduce screen brightness in the evening. **Bright screens trick your brain into thinking it's still daytime.**
- ☐ Take some time away from socialising in the evenings if that will help you relax.
- ☐ Try mindfulness or breathing exercises before bed.
- ☐ Reduce video games, YouTube, and social media in the evening. **Try watching a movie or reading instead.**
- ☐ Go to bed when you feel tired. **Listen to your body.**

Your sleep tool kit:



Think about your sleep environment: Darker, quieter sleeping environments can support better sleep.

Controlling your space can be more difficult when staying in refuge accommodation or couch surfing but small changes can make a difference

- ☐ Close curtains/blinds, turn off lights or use an eye mask. Prefer some light? Use a dim night light.
- ☐ Use earplugs if noise is waking you up
- ☐ Turn clocks away while sleeping
- ☐ Make your bed so you have a nice sleeping space
- ☐ If you need to get up during the night and have been sleeping, avoid bright lights and return to bed quickly.

Think about how you will manage sleeping difficulties ahead of time so you have tools to use in the moment.

- ☐ If you're still awake after 20 minutes, get up and do something relaxing until you feel sleepy again. Avoid looking at screens- try soft music, an audiobook or reading instead.

For Racing Thoughts and Worries: Try breathing exercise, mindfulness and relaxation options:



- ☐ 3-5 Breath: Inhale for 3 seconds, exhale for 5 seconds. Lengthening your exhale can be relaxing and slows your heart rate
- ☐ Box Breathing: Inhale (4 counts), hold (4), exhale (4), hold (4)
- ☐ Select a guided exercise to use when needed
- ☐ Create a relaxing music playlist on your phone and focus on listening
- ☐ Keep a pen and pad beside your bed or an app on your phone, use this to jot down the things you need to do tomorrow. This can help to clear your head. Set aside time tomorrow morning to look at your to do list.
- ☐ Add your own ideas: