

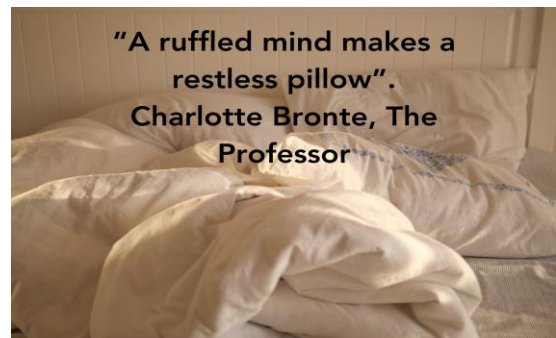
Information Sheet

Sleep

Most of us experience insomnia at some point in our lives, it is frustrating and exhausting, and really quite common. Lack of sleep can be a temporary situation, or a longer term problem, the longer it goes on, the worse it gets. There is no known cure for insomnia unless you include prescribed sleeping pills, which experts tell us, are not a good long term solution, although effective in the short term. Although there is no one cure-all activity, the World Health Organisation recommend a variety of techniques to improve sleep quality and length.

Then there are things you can try yourself to help induce sleep, or at the very least create some relaxation and restfulness. Certain conditions such as anxiety, obesity, pain, and stress can all impede the function of sleep which is essential to help us repair and revive.

*Please note, this is intended as a guide to how you can help improve sleep pattern.



Self-help

- Start preparing an evening routine, so your body and mind know you are getting ready to rest
- Use a pillow spray and eye mask using calming essential oils
- Turn off the phone, computer and television at least one hour before retiring
- Write tomorrows' 'Scarlett O'Hara' list
- Write a gratitude list with 3 things you are glad for today
- Write one thing you are looking forward to tomorrow, and visualise how great it will be
- Play gentle relaxing music, preferably without words so you can just drift off
- Turn out the lights and practise deep breathing
- Practise an evening massage routine of the face or neck and shoulders
- Do some gentle stretching to release tension before retiring
- Practise good sleep hygiene, consider temperature, time, darkness and noise.

For more useful sleep practises follow us on Facebook and Instagram.