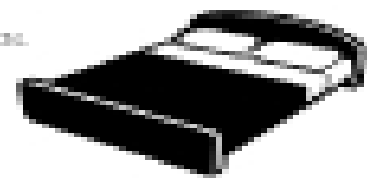


Guidelines For Better Sleep

Sleeping well can help; that you can learn small changes can have big effects. Start today by following these rules:

Take care of your body

- Don't drink caffeine in the tea, coffee, or exercise after 4 o'clock
- Don't eat a big or spicy meal late in the evening
- Don't go to bed hungry
- Avoid alcohol and too heavy a sleep



Physical exercise, such as a brisk walk, in the late afternoon helps to make your body tired and helps you to sleep. Try to do something like every day.

Sleep only straight time and do not have day-time naps, no matter how tired you feel. Naps keep the problem going by making it harder for you to get to sleep the next night.

Having a regular bedtime routine teaches your body when it's time to go to sleep.

- Have something to do like warm milk or a small drink
- Have a story, or a routine of brushing your face and brushing your teeth
- Go to bed at same time each night
- Write or read about things that happened that day - they might be long or small, such as a conversation, seeing the sunrise, or hearing nice music on the radio
- Do a special breathing exercise like hand anatomy or the other answer that deliberately slow your breathing to the rhythm of your stomach instead of higher your chest
- Try to wake up at the same time every day even if this is hard to begin with

Coping with bad dreams can be difficult. Some people don't like to go to bed before going to sleep, or use some of the things you'll find below, to these preparation techniques instead:

- Dress yourself for one you have had dreams for thinking of about dreams that think of a different ending for it. Practice this one every time before going to sleep.
- Before going to bed pretend for a moment you will have a walk from a bathroom.
- Remember that you are a person that you see at night. Imagine your street, house, local shops.
- Put a sleep mask or a bowl of water by the bed to splash your face. Place a special object by the bed, such as a photograph or a small gift box.
- Or do something you do if waking up from a bad dream such as turning your self to the ground, to go by by splashing your face, touching special object, having a bottle of tea or lavender essential oil to sniff, going to window to see the sunrise.
- When you wake up from a bad dream - move your body. Turn around and see that you will eventually touch your object, writing face, going to the window, talk to yourself first releasing any.

Make your bathroom a pleasant place to be

- Get a nightlight
- Keep it clean and tidy
- Introduce pleasant smells such as a drop of lavender oil onto the pillow
- Get soft pillows
- Make sure that you have to take e.g. door closed window closed.

REPEATABLE: But in for sleeping or if you cannot sleep after 30 minutes get up and do another activity of yours such as reading or listening to music. Do not watch TV as it can wake you up. After 30 minutes return to bed and try to sleep again. If you still can't sleep after 30 minutes get up again. Repeat that routine every time as necessary and only use your bed for sleeping.