

How to Create the Perfect Sleep Routine

When was the last time you woke up feeling rested and refreshed after a solid 8 hr sleep?

Unfortunately, for most of us, it wasn't recently. Approximately 30 – 45 % of Australians struggle with insomnia or inadequate sleep.

The good news is that creating a Sleep routine can improve both the quantity and quality of your sleep.

► Know your sleep first

1. Track your sleep using a wearable device (Apple watch, Garmin...)
 - How many hours sleep do you average each night?
 - What is your bedtime and wake time and are they consistent?
2. Complete a Sleep Diary
<https://sleepcouncil.org.uk/advice-support/sleep-tools/sleep-diary/>
 - Print this comprehensive sleep diary and fill in for 7 days. You should be able to identify factors contributing to both good and bad nights sleep.

► Solutions for Insomnia

1. Learn relaxation training using a Mindfulness App: www.headspace.com
2. See your Doctor to exclude medical causes
3. Cognitive Behavioural Therapy from a clinical psychologist
4. See a Sleep Specialist



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