

## Sleep Well Tips

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1. **Avoid clock watching** – position your alarm clock so you can't see it and it is out of reach. This is so that we don't register the times we are awake which raises our anxiety levels.
2. **We all wake 4-5 times a night** but mostly we don't realise this – this is normal. If we do become aware of waking in the night, try not to worry about it, roll over and drift back to sleep. If a thought is keeping you awake – write it down, keep a pad and pen on your bedside table.
3. **Preparing to sleep** is important for people who struggle to get to sleep.
  - a. Don't exercise 3 hours before sleep as sleep relates to a drop in body temperature and it takes longer for the temperature to drop after exercise. Exercise morning or late afternoon.
  - b. Start dimming the lights in the hour before going to bed and avoid computer screens as this has a blue light base.
  - c. Avoid alcohol, smoking and caffeine through tea, coffee energy drinks and chocolate.
4. **Getting to sleep** is a major issue for people with insomnia. If you can't get to sleep:
  - a. After 15-20 minutes get up for 15 minutes and read something light in a dim environment and repeat this cycle if necessary. Staying in bed unable to sleep raises anxiety and can make us mad.
  - b. Go to bed when sleepy. There is no use going to bed at 10 when you don't go to sleep until 12.
  - c. Avoid napping in the evening hours before you go to bed.
  - d. Writing things down in the relaxation hour before bed can help to de-stress and record things you need to remember to do the next day. This helps to avoid worrying that you will forget important things in the morning.
5. **Noise** – an issue for people who live rurally is that everything is so quiet. This can cause any small noise to waken you. Having some sort of background noise can help this as the brain tunes it out and other small noises are less apparent.
6. **Plenty of sunlight** through the day is very helpful.
7. **If you are sleep deprived** you can recover a lot if you take a small amount of time during the day to nap. A 20 minute nap revitalises a lot whereas much longer than this causes a deeper sleep level that takes half an hour or so of recovery feeling very groggy. So one or two 20 minute naps could make a huge difference to your day.
8. **Sleep Apnoea** affects more people than we realise and there are solutions that require more specialist help. This is where the air way gets blocked by the back of the tongue and causes breathing to stop and regular waking (often without realizing). This inhibits getting to the deep sleep stage that is vital for body and mind replenishment. Sleeping on your back is the worst thing for this.

Source: NZ Kiwifruit Growers Inc.

