

AccessEAP®

People in Focus



SLEEP RITUALS FOR REST

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Having a great, restful and sound sleep is really important for healthy minds and bodies. If you've ever watched a baby or child sleep, it's clear they know how to have that kind of great sleep that starts to elude us later in life. Here are some simple, practical and proven ways to get you back into the habit of 'sleeping like a baby'.

Here are some of our favourites:

- 1. Put it on paper:** Writing a list of things that are on your mind or you need to do can help you settle for a good rest. Similarly, mindful colouring can help clear your mind.
- 2. Sound and music:** Listening to nature sounds, music or a podcast which is peaceful rather than too thought-provoking can also put you in the mood for rest.
- 3. Bath time:** Whether you prefer a bath with some soothing oils or a hot shower, spending extra time making sure that you are in tune with how your body temperature affects sleep can be beneficial. Some like it hot – warmth can induce sleep, whereas heat can make sleep difficult for others.
- 4. Meditation:** If you can do it then great! Not everyone finds meditation easy, but there are some great apps to use to get you started.
- 5. Tummy time:** A herbal or non-caffeinated tea or milk drink can be a great way to soothe and settle you. It can be hard to sleep if you are hungry.
- 6. Blue light:** There is just too much research to leave this one out. Put the screens away at least an hour before you try to sleep; otherwise, invest in a good pair of blue light blocking glasses.

- 7. Connect for calm:** Chat with your partner or children about anything you need to so that you can go to bed without anxiety and also deepen the emotional bonds between you.

When we find it difficult to sleep, it can be a side effect of stress or anxiety. A counselling session can help you establish an evidenced base plan to ensure that you get the rest you need. We're here for you. If you need support, please reach out to us here at AccessEAP.

For more information or assistance, contact AccessEAP on 1800 818 728.

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