

THE IMPORTANCE OF A GOOD NIGHT'S SLEEP



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Getting a good night's sleep is one of those things that you don't think about at all, until it is not happening for you!

This newsletter focuses on the importance of sleep and what you can do to increase the chances of getting in your quality sleep quota.



The importance of sleep

We all know the feeling of either struggling to get to sleep, or waking up, often in the early hours, and tossing and turning as dropping off again eludes us.

Lack of sleep makes us feel dreadful and causes issues that can really effect our ability to function. There are the more obvious effects, like fatigue, being short tempered, impatient and generally unpleasant to be around.

Too little sleep also decreases our concentration, our productivity and vastly reduces our ability to be creative. That means tasks like planning and organisation are much more difficult and our judgement is likely to be poor too.

Our perception of pain is also altered, so you are more likely to feel all those aches and pains when you are tired and sleeping poorly.



Getting back in the Habit

Ok, so enough of the doom and gloom about lack of sleep - what steps should we take to try and get back into the groove and sleep well again?

For most of us, we will just have the odd night of poor sleep, whether that's due to worrying about events in the day, drinking too much caffeine or struggling to breathe with a cold.

*"Sleep is the best
meditation"
Dalai Lama*



So what can you do to help yourself sleep?

- **Develop a sleep routine - do the same things, in the same order, to let your brain know that now is wind down time and prepare to sleep. I always read for 10-20 minutes before I settle down to sleep. I also use relaxation techniques if I need them (see next page for a hypnotherapy relaxation).**
- **Go to bed and get up at the same time each day - your circadian rhythm will then help you to sleep at the right time.**
- **Make sure your room is dark - even the light from a phone charger decreases your sleep quality. Using blackout curtains or blinds makes a big difference.**
- **Don't eat too close to going to bed.**
- **Invest in a really good quality mattress and pillow - it should be support your body in a comfortable, supportive position.**
- **Keep your room cool - getting overheated does not help you to sleep.**
- **Don't have electronic gadgets too near to the head of the bed.**
- **Decrease your caffeine and energy drink consumption throughout the day (or you could go caffeine free and still enjoy your favourites!).**
- **Keep the room as quiet as possible.**
- **Don't use your computer, games consoles or watch TV before you go to bed.**



And if you do wake up:

- Don't focus on going to sleep - try to think about other relaxing things - counting sheep has been known to help!
- If you are lying there, unable to get to sleep or go back to sleep for more than 20 minutes, get up and do something else until you feel tired.
- Sometimes all our worries and concerns go round in our head at night, so keep a notepad and pen handy, to jot down all your thoughts, so you know you can deal with them tomorrow and they don't need your focus now.
- Use a relaxation recording to help you to slowly unwind and drift off again.

If insomnia becomes a persistent problem, then consult your GP first - remember that there are alternative therapies that can help too.

And turn over to the next page for a freebie to help you to sleep



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HYPNOTHERAPY

If lack of sleep or insomnia is causing you problems and you need additional help to tackle the issue, then the free hypnotherapy audio recording I have made could be just what you need.

It's free to download, just click the link below, add in your details and you will be able to access the recording.

Relaxation for sleep download

Hypnotherapy can also help you to retrain your brain into a regular sleep pattern, so please contact me if you would like to discuss how I can help you on a one to one basis. Sessions can be in person or via Zoom.

Life Coaching and Hypnotherapy

I also offer life coaching with hypnotherapy to help you to get your life back on track, overcome blocks and achieve your dreams and ambitions. Contact me to have a no obligation chat.

Create a life you love - don't settle for anything less x

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**Thanks for taking the time to read my newsletter - I would love to know what you thought of the content. Please do let me know!
If you also have any questions, or ideas for future newsletter - just drop me a line :-)**

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