

## Sleep Plan



Develop a self-care bedtime routine

Disconnect from tech an hour before bed (try to turn off your phone, avoid social media, turn off the tv) and try to cut out any caffeine or sugary foods close to bedtime

Have a relaxing bath or shower at a set time with your favourite products

Create a calm, sleep friendly bedroom – organise your room so that it feels like a special space, adjust the lighting, do you need a lamp or complete darkness, is the room temperature comfortable, do you like fleecy blankets, cushions, lavender oil

Lay out your clothes for the next day so you don't have to think about it in the morning

Put on some relaxing music, use your favourite moisturiser/sleep oil

Listen to an audio book

Practice some mindful breathing

Keep a journal by your bed. If you are finding that your mind is still active, consider writing your thoughts down in a journal, and then putting them aside bring this to your sessions to explore if you wish). If you don't want to write then try drawing, colouring or creating an image instead

Think about one thing that you have enjoyed or feel grateful or positive about in your day

Practice setting an alarm for the morning to get into a consistent routine

Try to get some exercise in the day – a daily walk or do some mindful breathing and stretching/yoga