

# Tips To Get A Good Night's Sleep



## Sleep Issues

### Can't get to sleep? Can't stay asleep? Waking too early?

If you are not feeling refreshed and restored when you wake up you won't function well during the day.

As much as 1/3 of the population has symptoms of sleep deprivation, it tends to be more common in women and more likely to occur with age. Those with insomnia typically experience sleepiness, poor concentration, fatigue, decreased performance, muscle aches and often depression.

Sleeping problems can often be an effect on the nervous system of too much stress and anxiety.

We spend a third of our lives asleep for a good reason. While we sleep, it is the time for our bodies to take stock of the day and clean the body and the mind. All the waste products produced in our bodies during the day are flushed out. This is especially true of your brain. Without sleep, harmful chemicals can begin to build up, which is what leads to all the adverse effects we associate with sleep deprivation.

If you're struggling to get the sleep you need life gets more challenging. I think it's fair to say that life is plenty hard enough right now without struggling through the cobwebs that sleep deprivations fill your mind with.

## How Much Sleep Do I Need?

The amount of sleep that a person needs is actually quite an individual thing. Generally, the older you get, the less rest you need. This is because kids' brains are still developing so they need more sleep for that process. Up until the age of 18, kids need at least 10 hours of sleep a night to be at their best. For adults, the usual range is 7-9 hours. If you're not sure how much you need, try adjusting your schedule to see how you feel with different amounts of sleep in this range.

If you are regularly getting fewer than 7 hours, you are probably going to be experiencing some of the effects of sleep deprivation. And if you rely on coffee and have just become used to functioning on less sleep, then you might not even realise that you are sleep deprived.



## The Consequences Of Poor Sleep

There are many consequences to not getting enough sleep. The main ones are feeling tired during the day, difficulty concentrating, and mood swings.

If left for too long sleep deprivation can begin to affect your memory and your decision-making abilities. Because sleep deprivation can be insidious, you might have some of these symptoms and not even realise, not until they get particularly bad.

## Tips For Better Sleep

There are a few basic things you should try if you realise you aren't getting the sleep that you need. These are all basic sleep hygiene tips that most of us know but don't always follow.

Before you start looking for drastic solutions, you should check these things first.

### Make Your Bedroom A Place For Sleep

Keep any distractions out of your bedroom.

Your bed should be where you go to sleep, not where you go to look at your phone. If you like to unwind before bed, try to do this somewhere else. So if you read, browse the internet, or watch TV, do that in a different room. That way, when you go to bed, you're going to sleep.

LED screens reduce the production of melatonin, which helps us get to sleep. Switch off an hour before bed time.

### Be Comfortable

Ensure you have a **comfortable mattress and pillow** and make sure you're not too hot or cold in bed. The ideal temperature is between 16 and 18 degrees C.

Use **blackout curtains** if necessary. Many of us sleep in the glow of lights which will prevent us from producing optimal amounts of melatonin.

Wear **earplugs** if your partner snores, there are traffic noises or your neighbours wake you up.

Use **essential oils** on your pillow or in a bath, they can have a powerful effect on the body. Lavender is good for relaxation.

# Tips To Get A Good Night's Sleep

## Watch What You Drink and Eat Before Bed

**Avoid caffeine and alcohol before bedtime.** Caffeine is a stimulant and will stop you from falling asleep. Alcohol might help you drop off, but it will disrupt your sleep leaving you tired in the morning.

**Avoid sugar and chocolate.** They also stimulate your system making it much more difficult to relax.

**Eat more seeds, nuts, root and green leafy vegetables, which are high in magnesium.** Magnesium has a tranquillising effect, and insomnia has been linked to magnesium deficiency.

**Eating foods rich in tryptophan helps the body to produce serotonin, a mood and sleep enhancer.** These include turkey, eggs, cheese, salmon, nuts and seeds.

## Relax

Try to unwind before you go to bed. This can mean doing something relaxing that you enjoy. It doesn't really matter what it is. It should just be something that helps you to feel less stressed and let go of the cares of the day.

You could try **listening to calming music**, or to pre-prepared relaxation or hypnosis tapes.

Have a **relaxing bath or shower** about an hour before bed and add lavender oil to help you relax.

## Exercise In Moderation

**Being active** can help you to fall asleep more quickly, especially if you can get active outside in the fresh air. Don't overdo it though; the aim is not to reach exhaustion.

Try to **allow at least 3 hours inbetween high impact exercise**, except sex, and bed.

Try some **yoga or pilates** which help to reduce stress and anxiety.

## Other Tips

**Hold the tip of the tongue towards the roof of the mouth**, without actually touching it. Leave it there for as long as you need to stop the internal chatter.

## Tips To Get A Good Night's Sleep

**Wiggle your toes** for as long as it takes to make you feel sleepy.

Instead of thinking 'I have to get to sleep NOW', **keep your eyes open** and try to make yourself stay awake.

**Go to bed earlier** but only go when you're sleepy. If at any time you are in bed for more than 30 minutes without feeling you are about to fall asleep, get up and do something really boring. Don't do anything you might take as a reward for not sleeping. Only return to bed once you feel sleepy again, making a clear association between bed and sleep.

### Hand Reflexology for Sleep Issues

Watch the Association of Reflexologists Video and pick up some useful self help tips for you to practice at home. [Click to play.](#)

# Hand Reflexology: Sleep



Association of Reflexologists

## Hypnosis For Sleep

If you've tried all of the basic steps to improve your sleep and are still not getting the rest you need, then you might want to consider taking some extra steps. Sleep hypnosis is a safe and easy option. If it works for you, it can be life changing.

Sleep hypnosis can not only help you to sleep for longer it can also improve the quality of your sleep. This is important because to get all of the benefits of sleep; you need to reach REM or SWS (deep) sleep stages. It's in these stages that you get the most restorative effects of sleep. Hypnosis has been shown to be effective at helping people reach these stages of sleep. You can read more [here](#).

That said there is a small group of people for whom hypnosis is ineffective. In these cases, you may only get results if you combine sleep hypnosis with other sleep remedies.

## Download a Relaxation Hypnosis mp3

Many people find it beneficial to relax and unwind with an mp3 before bedtime. If you would like to try, this mp3 is only 15 minutes and will help you unwind, please click below.



[ACCESS RELAX MP3 HERE](#)

## Jo Simons - Cognitive Hypnotherapist & Coach

I help my clients gain the tools and mindset to wake up feeling calm, with higher levels of self esteem and confidence, so they feel happier, in control and more optimistic about the future.

If you've tried everything else and are feeling at a loss, then I'm here to help. Hypnotherapy is an entirely natural and safe option for anyone struggling with sleep. Which is not something you can say about all sleep remedies. Together we can work through any issues that might be stopping you sleeping, and we can get started on getting you the sleep you need so you can begin to live the life you want.

If you would like to find out more, I would love to chat to you.



*Jo Simons*

Jo Simons

Cognitive Hypnotherapist and Mindset Coach

E: [jo@josimons.co.uk](mailto:jo@josimons.co.uk) M: 07798 924636

[www.josimons.co.uk](http://www.josimons.co.uk)

