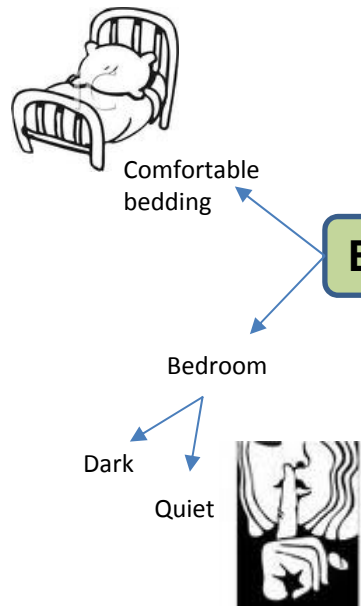


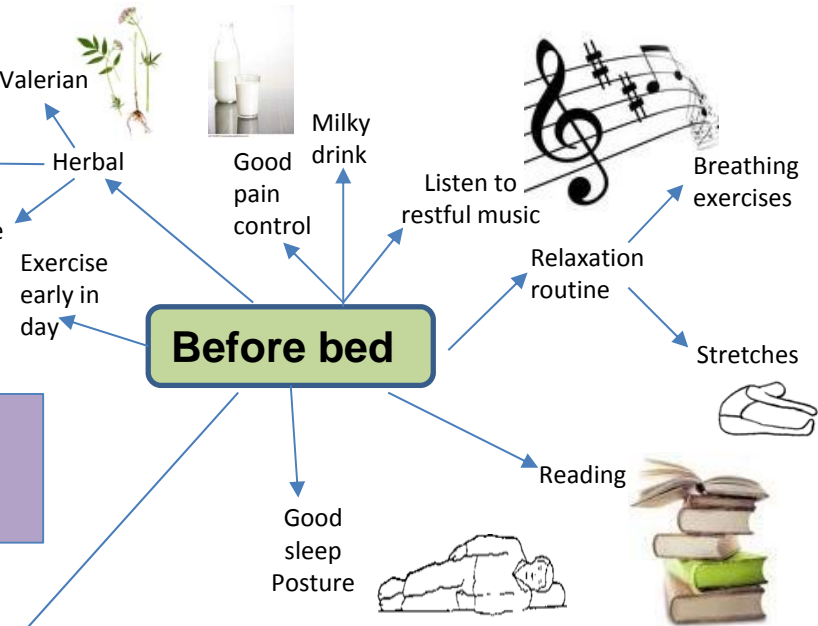
# Do's



# Sleep Mind Map



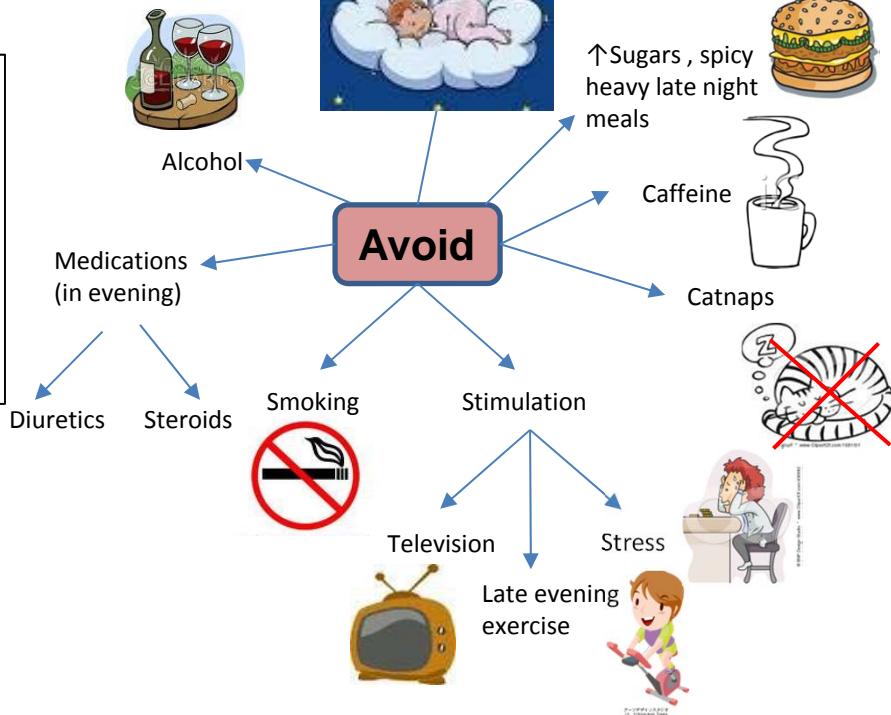
# Before bed



**Organic causes for physician to consider**

- Depression/ Anxiety
- Obstructive Sleep Apnoea
- Asthma/ COPD
- Cardiac Failure
- Medications

# Avoid



# Don'ts

## Relaxing Exercises (6 min)

1. Hold each position for 2 minutes.
2. Inhale deeply, and exhale slowly. Relax.

1. Sit comfortably cross-legged. Rest your hands on knees. Breathe in and out for 2 minutes.



2. Hug your knees to your chest. Breathe in and out for 2 minutes.



3. Stretch forward as far as you can, and tuck your head in. Breathe in and out for two minutes.



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## Sleeping Positions

1. Your mattress should be comfortable for you.
2. Your neck should be in a neutral position (Fig 1).

Fig. 1



Correct ✓

1. Side posture – with flexed knees, which decreases the low back curve.



2. On back, with neck in neutral position (Fig 1)

Wrong ✗

1. A pillow which is too high overstretches the neck, arms and shoulders



2. Facing downwards stretches and tires the neck and upper shoulder muscles.



## Helpful Hints

1. Prepare yourself before going to bed;
  - Take exercise early in the day
  - Avoid spicy or heavy food or caffeine in the few hours before you retire
  - Have a milky drink before bed
  - Relax by listening to restful music, or completing relaxation exercises
  - Make sure your bedroom is quiet and bed comfortable
2. Go to bed only when you are sleepy.
3. Use your bed only for sleeping. Avoid eating, reading and watching television in bed.
4. When in bed, relax and do not think about worrying issues. Identify all your worrying thoughts by writing them down on a piece of paper and leaving it downstairs.
5. If you have not fallen asleep in about 15-20 minutes, go to a different room and do something different e.g. reading. Return to bed after a break when you feel sleepy.
6. Avoid catnaps during the day. Try to establish a regular routine for going to bed and getting up.

Adapted from Powell T. Clinical Psychology 2000.