

SLEEPING TIPS TO HELP

YOU CATCH SOME Z'S



Getting a good nights sleep is important as it keeps us both physically and mentally healthy.

Turn over for some tips to help you catch some z's.



Sonic
HealthPlus

THIS **FIFO**
LIFE
MAKE IT A GOOD ONE

SLEEPING TIPS TO HELP

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MORNING



- Get some fresh air
- Do some physical activity
- Get out of bed as soon as you wake up – don't hit snooze
- Try to get out of bed the same time each morning

EVENING



- Don't go to bed too early
- Avoid using alcohol to help you sleep
- Don't smoke within two hours of going to bed
- Don't go to bed hungry
- Avoid backlit screens such as TVs, computers and iPads
- Read a book

DAY



- Don't nap
- Problem solve things that are keeping you awake at night
- Get some exercise
- Avoid caffeine after 4pm
- Stay away from energy drinks!

NIGHT



- Keep your room cool, quiet and dark
- Avoid too many blankets

If you're still not sleeping well and need some help – whether sleep related or general health related – here are a few people you can talk to.



Beyond Blue
1300 22 4636
beyondblue.com.au



mindhealthconnect
mental health and wellbeing

Mind Health Connect
Resources, tips and self-tests
mindhealthconnect.org.au



Lifeline
13 11 14
lifeline.org.au