

## Tips to Aid Sleeping

- Check your sleeping surface - Is your mattress too hard or soft?  
- Lumpy or damaged springs?
- Buy a foam overlay if necessary.
- Adjust the temperature in your bedroom to suit your comfort.
- Avoid eating a large meal before bedtime - eat at least 2 hours beforehand.
- Be aware of excessive exertion or bad body positioning that may cause undue stress on the body.
- Wear comfortable shoes when walking even minimal distances to avoid jarring your back.
- Choose a comfortable chair when sitting for extended periods of time. Stretch and move regularly.
- Have a hot bath with lavender or calming oils before bed.
- Find what your body's natural rhythms are and go to bed and get up according to these.
- Use light weight bedding ( duvets etc. ) to add warmth without weight.
- Avoid caffeine, tea smoking and other stimulants before bed. Instead try a herbal or sleep inducing drink i.e. Chamomile tea.
- Cut back on coffee and tea etc during the day as they stay in your system for around 8 hours. Substitute with herbal teas or water.
- Exercise regularly, but avoid vigorous exercise in the evening. Slow down your movements and activities late in the evening.
- Resolve arguments, anger, frustration and stress as much as possible to lessen stored tension and anxiety – remember the old saying "Don't let the sun set on an argument".
- Remove T.V., phone, computer or noisy clocks from the bedroom.

- Try natural remedies - homeopathic and herbal. Consult your chemist, health food store or naturopath. If the sleeplessness is due to busy thoughts, the homeopathic remedy is often Nux Vomica. There is also a great 'Sleep' mixture in the Back Flower Remedy range.
- Learn relaxation, visualisation or meditation... and practice regularly.
- Read or watch material that is conducive to relaxing rather than stimulating.
- Have a regular, calming routine before bed.
- Your bedroom is for rest and fun only. Do your work in another room.

### **Recommended Reading**

*Sleep Disorders by Herbert Ross D.C.*

*The Sleep Solution by Nigel Ball & Nick Hough*

*Learn to Sleep Well by Prof. Chris Idzikowski*

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