



19 tips for healthy sleep



Instruction for the worksheet

- 1. Check off the points (✓), that you already practice.**
- 2. Tick the points (X), that you wish to pay more attention to in the future.**
- 3. Add your own ideas to each point (⇒) as concretely as possible.**

1. Notice if you are annoyed about sleep problems at night ("I have to sleep now!") or worried ("Oh dear, how am I going to make it through the day if I don't sleep!"): annoyance & worries have an activating effect like coffee. Do not look at an alarm clock or a clock at night.
⇒
2. Learn several strategies for dealing with worries & for more serenity and practice them daily until they work well (e.g. mindfulness exercises). Write down worries that keep you awake on a piece of paper next to your bed to postpone them until the next day.
⇒
3. Learn a relaxation method (fantasy travel, autogenic training, progressive muscle relaxation, meditation). Experiment & find out for yourself what else helps you personally to sleep better or how you can relax if you don't fall asleep.
⇒
4. Do a lot of sports during the day (not in the evening) to reduce stress, to be balanced & tired.
⇒
5. Think about where you can improve your self-care during the day to be satisfied, balanced and tired in the evening.
⇒
6. Only go to sleep when you are really sleepy & feel ready for sleep.
⇒
7. Shorten the "bed-laying-time": Calculate your average pure sleep time: e.g. 5 hours of the 7 hours you spend in bed. If you want to get up at 7, do not go to bed until 2. This is tiring the first week, but on the second night you will probably fall asleep more quickly and more thoroughly due to severe fatigue. When your body has got used to sleeping through 5 hours, you can gradually go to bed a little earlier again.
⇒
8. Do not take a midday nap during the day.
⇒

9. Get up at the same time every morning, no matter how much you slept last night or how rested you feel.
- ⇒
10. Do not look at illuminated displays (mobile phone/computer) for 2 hours before going to bed: the blue light prevents the release of melatonin, which makes you tired.
- ⇒
11. Stop drinking alcohol at least two hours before going to bed.
- ⇒
12. Stop drinking caffeine (coffee, tea, cola) at least six hours before sleeping.
- ⇒
13. If you smoke, try to avoid it for a few hours before going to bed.
- ⇒
14. Create a comfortable sleeping environment that promotes sleep.
- ⇒
15. If you are used to it, have a small snack before going to bed to prevent hunger later in the night.
- ⇒
16. Use your bedroom and your bed only for activities related to sleeping (except sexual activities).
- ⇒
17. Fall asleep with positive thoughts ("What was beautiful today? What am I grateful for?"). Set up a regular "go to bed" ritual that announces the proximity of the approaching bedtime.
- ⇒
18. When you go to bed, switch off the light with the intention of falling asleep. Some (not all) people find it helpful to get up and go to another room if you cannot fall asleep. Keep yourself busy there with a quiet, pleasant activity until you get tired again. Only then go back to the bedroom/bed again to sleep.
- ⇒
19. Discuss difficulties with a doctor/therapist; psychotherapy, sleep medication (conventional or alternative medicine) or an examination in a sleep laboratory may be helpful.
- ⇒