

## Sleep and Insomnia

Getting adequate sleep is an important part of your success at TAFE. Sleep affects mood, energy, concentration, memory and social interactions, yet many people have difficulty falling and staying asleep.

### Tips to help you get a good night's sleep

1. **Sleep Ritual** - Set your biological clock by having a regular time of going to sleep and waking up.

Don't use technology or social media before you go to bed. The frequency of the light emitted from electrical devices, plus the stimulation, can impede sleep.

Relax – do quiet, relaxing activities before going to bed. Take a few minutes to sit still, do a breathing or relaxation exercise. There are lots of resources on the internet if you want a guided meditation or exercise. Relaxation exercises can help to calm the stress response.

Do not exercise 2 hours before going to bed

A cool, dark room is best for sleep. A face mask can help if you haven't got good blinds.

2. **Avoid Drugs and Stimulants** - Coffee and other forms of caffeine can make it difficult to get to sleep and cause wakefulness during the night. Alcohol may induce sleep but can cause wakefulness. Other drugs (including nicotine) may disturb your natural biological rhythm and sleep will become less refreshing.
3. **Do not panic if you wake up** - Waking up several times a night is perfectly normal. Often we do not even remember we were awake. Some people may wake up 10 to 15 times. If you find yourself awake at night, do not panic and think you will never go back to sleep. Accept that it is normal and you will once again drift off to sleep. Try some relaxing breaths, or imagine something nice.

If you are up for more than 20 minutes, try getting up and reading.

Keep clocks out of sight, if you are prone to watching them as you lie there.

4. **Exercise** - Your body is designed to move during the day. Do not exercise too close to bedtime.
5. **Have a warm shower or bath** an hour before going to bed. This will make your temperature rise and the cool down afterwards relaxes you for sleep.
6. **Don't be too full or too hungry** - Waking up too early in the morning can be caused by a drop in blood sugar. Try having a small healthy snack before going to bed.

To book an appointment phone Student Support (07) 32445095 or email [StudentSupport.Services@tafe.qld.edu.au](mailto:StudentSupport.Services@tafe.qld.edu.au)

