

Disclaimer

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Sleep Wind Downs for Adults

It is important we sleep well to maintain positive mental health and wellbeing. However, this can be hard during times of change, uncertainty, anxiety and stress. It is important to share your feelings and reach out for help if needed, but there are things that can be done to help calm your mind to sleep. Use these activities to help you feel relaxed before bed.



Create a Routine



Create a pre-sleep routine and keep to it as much as possible. This signals to your body and mind that it is time to switch off and sleep. Begin this routine at the same time each night and give yourself at least an hour to wind down before you are wanting to drift off. In this wind down hour, participate in and carry out activities such as colouring, reading, stretching and listening to calming music – choose things that will feel like a real treat. Try to avoid or at least limit screen time during this hour too.

What is your sleep routine going to look like?

Practice Meditation



Make some time to explore meditation and its benefits for calming a racing mind and managing stress and anxiety. Before bed each night, practice meditation. This can be as simple as spending ten minutes focusing on your breath and allowing your mind let go of any racing thoughts or feelings, or involve listening to or reading and following a guided meditation.

Find something that works for you and give it a go!

Take a Bath



Water can have a calming and relaxing effect on the human body. Relax your body and mind before bed by taking a bath – making sure you will not be disturbed. Plan how you are going to make the environment as relaxing as possible and don't be afraid to wallow for as long as you want – this is your time!

Write It Down

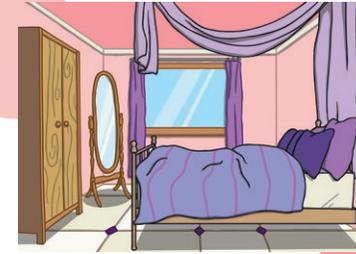


As part of your pre-sleep routine or as a stand-alone activity, make time to write your thoughts and feelings down – this could be through words or pictures. Spending time ‘downloading’ all that is in your head can help your mind relax and enable you to drift off to sleep more easily. You might also want to write a list of things you would like to do the following day or things you need to remember – this again frees your mind to switch off and let go of the day.

How are you going to choose to download the day?

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A Bedroom Haven



Spend some time making your bedroom a perfect environment for sleep and a restful mind. This might include having a good tidy-up – a tidy room helps the mind to feel calm. Ensuring the space has relaxing lighting and is free from electronic devices can have also have a positive impact. You may also want to think about adding scents, which aid relaxation, to the room. Do your research and find out what could work for you.

What does your dream sleep space look like? Make it a reality!

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Put Things in Their Place



Before you head to bed, spend some time clearing up from the day – making sure the home environment is all ready for the day ahead. Gentle sorting and tidying can help your mind feel calm, relaxed and organised – all things which can help sleep come more easily.

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Think Positive



At the end of the day, make some time to think about good things that have happened during the day – however small. Think of things that make you feel happy and positive about tomorrow. Close your eyes and enjoy the feeling this brings, write them down or doodle as you think about them. Ending the day with positive thoughts can help calm your mind into a deep and restful sleep.

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