



TRAUMA TREE

Trauma Informed Services & Support

Sleep Hygiene

Sleep Hygiene is unique to each individual person and their specific needs. The following list contains examples of Sleep Hygiene Practices- but you are encouraged to do what is best for you and what works for you. For example, for some it may be recommended that you do not stay awake in bed for more than 15 minutes... but for others, it is best if you stay in bed and try to sleep for as long as it takes. For some people, it is advised against watching tv before sleep, but for others, having background noise is the best way to calm anxiety and get to sleep. **It is all about learning to trust your body and your mind, working with it based on what feels good / right or produces results and less about being told to do things a certain way.**

The following makes a great starting point for your Sleep Hygiene Practices- but feel free to expand on the list (*or cross off the ones that don't work for you*)

Sleep Hygiene Practices

- Regular Sleep Routine
- Limit Daytime Naps
- Don't stay in bed awake for more than 15 minutes OR stay in bed awake for more than 15 minutes
- Limit Blue Light (TVs, Computers, Phone, Tablet etc) or use with intention to fall asleep
- Reduce Caffeine intake after 4pm
- Avoid substances that negatively affect sleep
- Get Fresh Air daily
- Have a safe and comfortable bedroom
- Move your body / physical exercise daily
- Take a cold shower / bath before bedtime
- Stick to a routine: brush teeth, comb hair, wash face etc
- Have white/brown noise on in the background
- Have clean sheets
- Spray pillow-spray or essential oils
- Consider having a 'pregnancy' pillow (great for PTSD)
- Use blackout curtain / blinds
- Meditate / body scan / stretch before bed
- Keep a sleep journal (hours slept + quality of sleep)