Self-care Toolkit
Better sleeping

MensLine Australia

This worksheet is designed to assist you in developing your personal skills to better manage your current situation.

If you are having trouble understanding this worksheet or need support, please call a MensLine Australia counsellor on 1300 78 99 78.

Things to think about

Sleep can be affected by many things, such as stress, anxiety, other health issues, drug and alcohol use, shift work or a chaotic routine.

Tips

Here are some practical ideas to help you get a better night's sleep:

- Sort out a routine for the daytime – regular get up times, eating healthy, work or study, chores, and sleeping.
- Create a routine diary like the one on the next page.
- Get up at the right time. What time do you have to leave for work? Then work backwards, for example, 30 minutes for breakfast, 30 minutes for exercise or a walk, 30 minutes for getting ready, 30 minutes for odds and ends. In this case, you would set your alarm no less than two hours before you need to leave.
- Exercise, particularly earlier in the day, is one of the secret ingredients to a good night's sleep. In the evening try light exercise or a quiet activity.
- Avoid taking naps throughout the day.
- Avoid coffee, tea, and alcohol after dinner.
- Make sure your bedroom is comfortable and dark.
- Have a warm shower and head off to bed when you are sleepy. Avoid watching TV or reading your phone in bed.
- If you wake in the night, give it 30 minutes or so and then quietly listen to gentle music. Otherwise get up, and do something relaxing and distracting. Refer to the progressive relaxation worksheet if you are thinking a lot.
- Treat it like a job, get into a routine, be strategically and diligently consistent; you may even bore yourself to sleep!

Please note that if you are having problems with sleep, it may be worth a trip to the doctor.

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Activity

Spend five minutes a day completing this diary for at least a week. The questions included in this diary are only an example of some things you may need to monitor if you want to maintain healthy sleep. You can add others.

The aim of this is to get used to developing a routine that is healthy for you.

Day of week	What time did I get up?	How much exercise did I do?	How many caffeine/alcoholic drinks did I have?	What time did I get to bed?	If I woke up during the night, what did I do?
Example	*7.30am*	*30 minutes walk the dog*	*2 glasses of beer*	*11.00pm*	*Did not wake up*
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

This worksheet is part of a series on anger management, communication and self-care. You may find it useful to complete other worksheets in this series. For more information or assistance, call MensLine Australia on 1300 78 99 78