

“Tim’s Top Ten Sleep Tips”

Taken from Dr. Timothy J Sharp’s
The Good Sleep Guide
(Penguin Australia, 2001)

1. Understand the need for sleep

- and ensure your expectations are realistic.

2. Make sleep a priority

- and watch your sleep improve

3. Eat well, and consume alcohol, caffeine and other drugs in moderation only

4. Engage in regular exercise and keep active

- take the stairs and walk whenever you can

5. Learn to relax

- and then practice as often as you can

6. Sort out your sleep routine

- go to be only when you’re tired, avoid stimulating activities in the bedroom, and get up at the same time every day

7. Organise your time

- allowing time to “wind down” at night

8. Develop healthy thinking and overcome worry

- don’t say things to yourself you wouldn’t want someone else to say to you

9. Address other problems in your life

- they usually don’t go away by themselves

10. Practice and persevere

- developing a healthy lifestyle and a good sleep routine can take between 4 and 6 weeks