

Your Virtual Guide to improve your  
Mental Health and Wellbeing.

# Tips to improve your sleep habits

This self-help guide was made to help  
people with **mild to moderate symptoms**.

If you are not sure how you feel, ask for  
a **Psychological Coaching** with our Clinical  
Psychologists.



## TROUBLE SLEEPING

Sleeping is a highly important activity because it reestablishes a person's basic physical and psychological balance.

The ideal amount of sleep is the one that allows us to carry out daily activities normally. It will vary in each person, in accordance to their age, health, emotional state and other factors.

Grupo de edad		Horas recomendadas de sueño por día
Pre-school	3-5 years	10-13 hours every 24 hours (including naps)
Primary and middle school	6-12 years	9-10 hours every 24 hours
Teenagers	13-18 years	8-10 hours every 24 hours
Adults	18- 60 years	7 or more hours per night
	61-64 years	7-9 hours
	65 years and over	7-8 hours

*Note.* Adapted from The National Center for Chronic Disease Prevention and Health Promotion.

Simple lifestyle changes can make a huge difference in the overall quality of your sleep hygiene.



## IMPROVE YOUR SLEEPING HABITS

1. **Maintaining regular sleeping hours.** Going to bed and getting up at about the same time every day can help you program your body to sleep better. Pick a time when you are likely to feel tired and sleepy.
2. **Create a peaceful sleeping environment.** Your bedroom should be a relaxing place to rest and sleep. The temperature, lighting and background noise in your room should be controlled so that the atmosphere in your bedroom helps you fall asleep (and stay asleep).

If you have a pet that sleeps in the same room as you, consider moving them to another place if they often bother you during the night.

3. **Make sure your bed is comfortable.** It's hard to get a good night's sleep on a mattress that is too soft or too hard, or on a bed that is too small or too old.
4. **Exercise regularly.** Regular and moderate exercise, such as swimming or walking, can help you relieve some of the tension that builds up during the day. But make sure you don't do hard exercise, such as running or going to the gym too close to your bedtime, since it can keep you wide awake.
5. **Reduce caffeine intake.** Reduce caffeine intake when drinking tea, coffee, energy drinks or colas, especially at night.

Caffeine interferes with the process of falling asleep and it also prevents deep sleep. Instead, choose a warm drink with milk or some herbal tea.

6. **Don't let yourself get carried away.** Too much food or alcohol, especially late at night, can disturb your sleep patterns. Alcohol might help you fall asleep at first, but it will disrupt your sleep later in the night.
7. **Don't smoke.** Nicotine is a stimulant. People who smoke take longer to fall asleep, wake up more frequently and often have more interrupted periods of sleep.
8. **Try to relax before getting into bed.** Take a relaxing bath, listen to soothing music or practice light yoga to relax your mind and body. Music for relaxation can be very helpful.

9. **Write down your concerns.** If you tend to lie in bed thinking about everything you have to do the following day, you can set aside some time before bedtime to make plans for the next day. The objective is to avoid doing these things when you're in bed, trying to sleep.
10. **If you can't sleep, get up.** If you can't fall asleep, don't lie there worrying about it. Get up and do something you find relaxing until you feel sleepy enough again, then go back to bed.
11. **Get hydrated.** Drink at least 2 liters of water every day, staying hydrated will improve the quality of your sleep.

**If your lack of sleep is persistent and is affecting your daily life, schedule an appointment with your General Practitioner or a Neurologist.**