



We asked our peer workers about how they get their best sleep. this is what they said:

A GOOD NIGHT'S REST

I get my best sleep by...

...tucking my pajamas into my socks to keep my ankles warm, and waiting until I'm 'sleepy tired' before turning off the light.



I get my best sleep when...

...I have fresh bedsheets as well as clean pyjamas, and a wheat bag or hot water bottle if it's a cold night!



I get my best sleep by...

...going to bed and waking up at the same time each day, and knowing whether you're a morning or evening type (I'm intermediate!)



I get my best sleep when...

...the house is clean and tidy and I know that I have achieved what I had set out to do that day!



I get my best sleep by...

...avoiding coffee and other caffeine after dinner time, and having a nice walk and a shower before getting ready for sleep.



I get my best sleep when...

...I have fresh sheets and pyjamas, and I have done a high intensity workout in the evening, followed by a warm bath.





We asked our peer workers about what they do to get ready for bed. This is what they said:

RECHARGE READY





MY SLEEP ROUTINE

check the boxes next to the things you'd like to keep or add to your own sleep routine:

- Brush my teeth
- Wash my face
- Take a hot shower or bath
- Switch my phone to night mode
- Drink a cup of tea
- Spend some time reading
- Listen to calming music
- Stretch my body
- Use a diffuser or room spray
- Hot water bottle/wheat bag
- Avoid screens before bed
- Write a journal entry
- Reflect on what I'm grateful for
- Change my sheets or pyjamas
- Try to get to bed by __:__ PM

This program is funded by the Adelaide Primary Health Network - an Australian Government Initiative

Lived Experience Telephone Support Service

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