

Thrive 365 #16

Did you know?

Sleep is massively important to our mental health, but one study has shown that 95% of Americans have had trouble sleeping at some point. Research shows that we sleep on average 90 minutes a night less than we did 100 years ago. Problems with sleep are increasingly common, with roughly $\frac{1}{4}$ of the UK suffering from a disorder that affects their health. The most common sleep problems are getting to sleep and staying asleep.

What can you try?

1. Relax your mind

It's completely natural to take some time to get to sleep. If you start stressing about not getting enough sleep it can create a problem – especially if you keep looking at the clock and counting up how many hours you have left if you fall asleep immediately! Tell yourself that you know you will fall asleep eventually – you always do! Have a 'go to' daydream that you can play out to relax your mind or focus on your breathing, imagining that each breath out is releasing stress.

2. Switch off

Put your phone into airplane mode an hour before bedtime and leave it that way until the morning. If you stir or wake up in the night, resist the temptation to check your phone. If it's too hard to resist put it on the other side of the room, or even leave it downstairs!

3. Rituals

Signal to your brain that it's time to start preparing for sleep by doing the same things each night before bed. Brush your teeth, follow a skin care routine, write down 5 things you're grateful for that day, read or listen to some relaxing music. Find what works for you and follow the same rituals every night.

We hope you find this knowledge useful. Warm wishes, Claire and Rachael, Dragonfly Co-founders.

TALKS

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