



CHIL PEER MENTOR'S

# Sleep toolkit




# Sleep

And why it is important

Sleep is one of the most fundamental and important human function.

It is involved in restoration, energy conservation, memory consolidation, emotional regulation, healing the body,

The consequences of bad sleep/ sleep deprivation: affects cognitive function, memory recall, weight management, reproductive system, emotional wellbeing, the immune system. and puts you at risk of developing medical and mental health conditions.





# Signs of sleep deprivation



Difficulty making simple decisions

Still feeling hungry after eating



Difficulty concentrating

Falling asleep

Weak immune system

More emotional than usual



## Herbs for Sleep

Chamomile

Clove

Lavender

Black Cohosh

Hops

Passion flower

St John's Wart

Valerian



# Avoid these

for better Sleep

+ why it's bad

Playing games/ Watching TV- activate our minds making it more difficult to sleep

Using your phone just before bed- the blue light emitted from phones inhibit the production of hormones that are important to help you sleep

Caffeine + Nicotine in the afternoon/evening- stimulate the brain and inhibit sleep hormones

Using alcohol to sleep- low quality light sleep, you keep stirring and waking

Taking sleeping pills- become reliant n them

Napping for longer than 30 mins



# Top Tips

## for better Sleep

Having a consistent sleep + wake time- Gets your inner sleep clock into a regular routine so you will fall sleep easier

Get regular exercise each day- To use up all that energy so your body is tired

Regular sunlight exposure- regulates your cardiac rhythm cycle, and the production of sleep and wake hormones

Keep the temperature in the room cool, but make sure your hands and feet are warm

Make sure your room is dark enough with no light and it is quite with no distractions

Meditate regularly and before bed



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# My Sleep Routine

- I will start to wind down at ----
- Some of my wind down activities will be (circle which):  
Putting my phone away, Reading, Watching a film, Having a bath, Brain dump, Gratitude journal, Yoga, Meditation, Aromatherapy, Play my sleep music playlist, Prepping a sleep drink, Getting ready for bed
- I will be in bed trying to sleep by -----.
- If I can't sleep in ----- mins/hours, I will (circle which):  
Do a meditation, Read, Not go on my phone, Brain dump whatever is on my mind, Not watch the clock, Play my favourite soundscape
- I will wake up by ---- + spend no longer that ---- before I get out of bed
- Some of my morning wakefulness activities will be (circle which): Making myself a smoothie, Having a shower, Going for a run, Yoga, Eat a healthy breakfast, Make my bed



# Sleep Recipes

## Food + Snacks that help sleep

Almonds

Milk

Yogurt

Bananas

Bread

Honey

Oats

Potatoes

Fatty fish

Turkey

Kiwis

I give you potassium + magnesium which relaxes your muscles + I help you to create melatonin, which is important in inducing sleep

## Drinks that help sleep

### Tea-

Chamomile, Green, Lavender, Passion flower, Banana

### Moon Milk-

Moon Milk is a warm drink from Ayurvedic traditions as a remedy for sleep deprivation.

Just heat together Honey, Cinnamon and milk. Add some of these options for even better effects + an instagram-able cuppa

Golden moon milk- tumeric

Blue moon milk- powdered butterfly pea flowers

Pink moon milk- tart cherry juice, beet powder



# DIY

## Sleep Salve

Sleep salve + spray

1 cup coconut oil, 1 cup olive oil, 4 TBs of grated beeswax, 50 drops of sleep linked essential oils place both types of oil and the bees wax into a bowl and heat until melted together, stir.

Add a combination of your favourite sleep essential oils and stir

pour mixture into a clean container and wait until it cools to room temperature.

## Sleep Spray

witch hazel, water sleep aiding essential oils

Mix together 1oz of Witch Hazel, 1 oz of water and 20-30 drops of your favourite sleep essential oils.

pour into a spray bottle and shake!

# DIY

## Heat pillow

White rice or flax seeds, Thread, Needle,  
12-inch square piece of material (can recycle old  
sheets)

Fold the material in half with the good sides together,  
sew all the sides leaving a little gap in one of them  
(about 3 inches)

turn inside out and fill  $\frac{2}{3}$  full with either white rice or  
flax seeds.

sew up the opening

You are done and can now decorate it if you want

Heat in the microwave for 30-60 seconds

zzz

# DIY

## Sleep eye mask

Material, ribbon or elastic, thread, needle, Paper

Draw out the shape of a mask on a piece of paper big enough to fit well on your face covering your eyes and cut it out

place this piece on a folded piece of material (so 2 layers), draw round the paper mask and cut this mask shape out of the material.

Pin both pieces of mask material, with the good sides together, sew all around the edges leaving a little gap (about 3-inches long).

Turn the material inside out so the good side is on the outside and so up the gap.

Now sew 2 separate piece of ribbon on either sides of the mask (where the temples would be) to have a tie back, or instead sew on a piece of elastic the length of the diameter of your head.

You are done and can now decorate

# Sleep Diary

## Example

Date: \_\_\_\_\_

How have I felt today/ what have I done \_\_\_\_\_

\_\_\_\_\_

—

What have I got planned for tomorrow/ how have I prepared for it

\_\_\_\_\_

\_\_\_\_\_

---

I have had \_\_\_\_\_ naps today, they were \_\_\_\_\_mins/hours long

I got in bed at \_\_\_\_\_ am/pm

It took me \_\_\_\_\_ mins/hours to drift asleep

In the night I work up \_\_\_\_\_ times, and was awake \_\_\_\_\_mins/hours

I woke up at \_\_\_\_\_am/pm

It took me \_\_\_\_\_mins/hours to get out of bed

All together I had \_\_\_\_\_ mins/hours sleep (hours between sleep and wake time-time awake in the night)

After this sleep I feel: (circle at least one)

Tired



Groggy

Refreshed

Happy

Full of energy



angry

frustrated



relaxed





# Brain dump

Example to help clear the mind ready for sleep

Feelings

worries

Remember

To do

Ideas

Other

Day  
dreams



To help aid sleep

# Yoga + Meditation

Body scan- From your toes up to your head, focus on each body part separately, tense them up really tight and then release and relax (4 times) then move onto the next body part

Deep breathing- Focus on your breathing. for every breath out, imagine a black cloud filled with all the negativity in your body, leaving you as you blow out

Imagine every breath in is a pastel coloured cloud filled with peace, relaxation and positivity is being inhaled into your body. Filling your inner body up slowly, until it fully glows the same colour.

## Yoga Poses great for sleep

Supine spinal twist  
Butterfly pose  
Knee to chest rock  
Bridge  
Childs pose



# Apps

+ Resources to help sleep

Calm- Guided meditations, sleep stories, breathing programmes and relaxing music

Pillow automatic sleep tracker- analyses your sleep and it's quality. has a smart alarm clock that wakes you in your lightest stage of sleep

Sleepo- choice of lots of different sound scapes to help you sleep

Relax Melodies- customise different sound scapes and melodies, also has guided sleep exercises

