

Good habits can lead to a good night's sleep and help you to wake refreshed, here are a few ideas:

1. Establish regular patterns: Try to go to sleep at the same time each night and get up at the same time each morning. Avoid daytime naps, these make you less sleepy at night.
2. Avoid stimulants: Avoid caffeine, nicotine, and alcohol late in the day. The first two are stimulants and can keep you from falling asleep. Alcohol interferes with sleep quality. Try to avoid using drugs / medication to induce sleep over long periods of time. They can become habit forming and the effect reduces as you become accustomed to their effect.
3. Take regular exercise: Daytime exercise helps, evening exercise hinders. Experts suggest not exercising for 3 hours before the time you go to sleep.
4. Take care with diet: Don't eat a heavy meal late in the day. A light snack before bedtime, however, may help you sleep.
5. Make your sleeping place comfortable: Be sure that it is dark, quiet, and not too warm or too cold. If light is a problem, try a sleeping mask. If noise is a problem, try earplugs, a fan, or a "white noise" machine to mask interfering noise.
6. Follow a routine: This should involve relaxation, such as hypnosis or meditation and wind down before sleep. Reading, soft music or a warm bath can also help.
7. Don't watch TV in bed: Avoid using your bed for anything other than sleep or sex.
8. If you can't fall asleep: or don't feel drowsy, get up and read or do something that is not too stimulating until you feel sleepy. Lying awake in bed is usually counterproductive.
9. Reduce conscious mind activity: If you lay awake worrying about things, try making a to-do list before you go to bed. This may help you to put worries to bed.
10. Hypnosis: Use hypnosis audio programs such as Deep Sleep or learn self-hypnosis techniques to wind down. Hypnotherapy has no unpleasant side effects and with a little practice you can use self hypnosis techniques to drift into refreshing sleep very quickly. Hypnotherapy CDs like Deep Sleep are designed to teach these techniques and can also be used to induce sleep.

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