

When your routine changes it can affect your sleep pattern and overall wellbeing, but don't worry, there are lots of things you can do to get a good night's rest !



First - be kind to yourself:

This is a stressful time. Whether you're isolating by yourself, in a crowded flat share, home-schooling children or caring for others - *be realistic about what you can get done and put your wellbeing first.*

Use the university support structures and *let someone know straight away if you need help.*



Get into a routine:

Waking up at the same time each day strengthens your body clock. If you can, let in natural light in the morning to boost your alertness.

A good night time routine will cue your body to go to sleep. A warm bath, a milky drink, reading/listening to music and brushing teeth/taking off make-up can all help.



Things to avoid!

Avoid caffeine 8 hours before bed - have your last coffee by 3pm so that it doesn't get in the way of your sleep (same goes for nicotine!).



Don't use alcohol to help you sleep. Although alcohol initially relaxes you, it disrupts the sleep cycle and may keep waking you up.

No phones out in the bedroom - social media/work emails can stop you unwinding and all electronic screens are best avoided an hour before bed



Things that can help

You'll sleep better in a *cool, quiet, dark, tidy bedroom* and if you can, keep your bedroom just for sleeping in.

Don't watch the clock - turn it around!

There are lots more suggestions from the Sleep Council at <https://sleepcouncil.org.uk/advice-support/> or contact your GP



Calming your mind

Use *music, reading or mindfulness* to calm your mind before bed.

Write down any worries or your to-do list to quiet any worries.

Breathe in deeply for four seconds, and then breathe out slowly. Repeat until you can feel your heart rate slowing, which in turn slows down thoughts and help you rest.