Plan time for exercise
Schedule time throughout the week for gentle exercise. This could involve walking, swimming, cycling. Including exercise in your routine will lead to a more restful sleep. Try to avoid strenuous exercise before bedtime.

Arrange your bed to be a pleasant place for sleep
Use your bed only for sleeping - not for eating, studying, or watching TV.

Develop a consistent sleep rhythm
Establish a regular time to go to bed and get up at about the same time each morning. Aim for eight hours sleep per night!

If you do not fall asleep
If you have not fallen asleep within 30 minutes of going to bed, get out of bed and do something that will make you feel tired.

Avoid caffeine within six hours of bedtime

Do some form of relaxation each day
Think about a relaxing scene. Practice muscle relaxation exercises. Try yoga or aromatherapy.

Natural remedies to help you sleep
• A warm bath or shower
• A glass of warm milk
• Chamomile tea
• Comfortable room temperature
• Have the room in dim light before bedtime
Stress is the most common cause of insomnia. Try to keep a positive attitude and plan your studies ahead.

If sleep difficulties continue, you may want to talk to a counsellor or your G.P. to get some more ideas on how to sleep soundly.

How to reduce thinking and worrying in bed

Spend time worrying during the day

Make sure that you devote some time for thinking and worrying. This should end at least a couple of hours before you go to bed.

Then, when the thoughts come when you are in bed, try saying to yourself gently (over and over if necessary):

Stop! I thought about this today, I’ll think about it again tomorrow. Now is the time for sleep.

More sleep is lost through worrying about not sleeping than anything else

Try not to get too upset about missed sleep. The loss of several nights’ sleep has been shown not to impair test-taking abilities nearly as much as most people think.

Remember to treat yourself gently

‘Instead of ‘forcing’ yourself to fall asleep, you might find it helpful to say to yourself something like:

‘There is nothing more that I can do today. There’s nothing I can do until tomorrow. I’m just going to let go now.’

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