

## What else can you do to look after yourself?

### Get a GP

The most important first step in managing your physical health is to make sure you have a GP you can trust. Ask around among people you know and make an appointment for a check-up.

### Quit smoking

- Smoking damages every organ in your body
- Smoking can cause tooth, mouth and gum disease
- Think of all the money you would save!
- If you've thought of quitting smoking (or even just cutting down) talk to your doctor, case manager or phone **Quitline 137848 (13 QUIT)**

### Be more active

- Aim to be physically active for at least 30 minutes every day walking is a great way to start
- You should be puffing a bit and break a sweat, but still able to talk

- More activity can lead to better mood and healthier weight
- It will help with cholesterol, blood pressure and diabetes

### Look after your teeth

- Brush your teeth twice a day
- Aim to floss once a week
- See your dentist once a year
- Tooth decay can make you sick

### Eat healthier foods

- Choose low fat and sugar free products
- Eat wholegrain breads and cereals
- Eat lots of fruit and vegetables
- Drink plenty of water
- Cut down fried and takeaway foods
- Avoid cakes, chocolate and lollies
- Limit alcohol

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## Sleep hygiene Information Booklet

# Sleep Hygiene

*Everybody needs sleep to stay physically and mentally healthy. Sleep hygiene describes tips that help us sleep properly. These habits, or tips, will help solve some common causes for bad sleep. But remember, most sleep problems develop slowly over time. So it will take time for your sleep to get better.*



Too little sleep is also a common early warning sign for relapsing mental illness. If the tips below don't help fix your sleeping problem just let your doctor, carer or case worker know. There might be other things that can help.

## Why is sleep important?

- Most people need about 8 hours of sleep a night.
- Without enough sleep your body doesn't work properly.

This causes many problems including:

- Problems with thinking and memory
- Bad decision making
- Depression and anxiety
- Loss of energy – tiredness
- Heart disease
- A greater chance of getting an infection (e.g. cold and flu)
- Gaining weight
- A relapse of psychiatric illness.



There is no  
'Physical' health

There is no  
'Mental' health

There is only  
**Health**

## Sleep hygiene rules

- **Wake up at the same time everyday.** Even if you feel tired or went to bed late the night before. Your body will learn a healthy sleep pattern over time.
- **Bed is for sleeping.** You need to teach your brain that your bed is for sleeping and sex. Do not eat, watch TV, or use a computer in bed.
- **Only go to bed when you are tired.**
- **If you can't sleep, get up.** Get out of bed if you don't fall asleep in 20 minutes. Do something quiet or boring until you feel sleepy, then go back to bed. Don't use bright lights (e.g. computers) or your brain will wake up and think it's day time.
- **No caffeine 6 hours before bedtime** (e.g. coffee and energy drinks).
- **Don't nap during the day.** Try to stay awake all day, even if you only got a few hours of sleep last night. This will mean you will sleep better tonight. Over time, this will reset your body clock to sleep only at night.
- **Get a bedtime routine.** Dim the lights and do something relaxing before bedtime (e.g. have a bath, do relaxing stretches, have a drink of warm milk). This will remind your body that it is time for sleep.
- **No clock watching.** Checking the clock will only make it worse if you can't sleep. Try not to worry. Even if you can't sleep tonight, you will sleep better tomorrow night.
- **Do some exercise.** Try to keep active during the day. This will make you tired so you sleep better at night.
- **Early morning light exposure** such as walking first thing in the morning (30 mins) may help if you want to advance your sleep to an earlier bed time. Evening light however, tends to do the opposite – it delays your central body clock to a later sleep time.



My regular wake up time is:

AM