



Be Pain Smart – Sleep

Good sleep practices

A bedtime routine can help calm down a busy mind.

A good way to be smart about your sleep is to have a regular bedtime routine where you do the same few things every night before you go to bed. This helps train your brain to get ready for sleep.

Often the things you do at night-time can stop you from getting to sleep. A bedtime routine helps you to plan to do things that will relax you and help you to wind down. You can use this time to think and get ready for the next day. This can stop you from lying awake at night worrying about things when you go to bed.

Over time, the steps in your bedtime routine will tell the brain to send out sleep chemicals like melatonin to help you get to sleep.

Take some time to make your own bedtime routine. This is your own set of steps that you will do each night to help train your brain and body that it is time for sleep.

It is good to start your bedtime routine about 30 – 60 minutes before you go to bed. It is important to begin your routine at the **same time** and to do your routine steps in the **same order** every night. The things in your bedtime routine should be simple and calming to help you wind down. It can help to set an alarm for when you want to begin your bedtime routine.

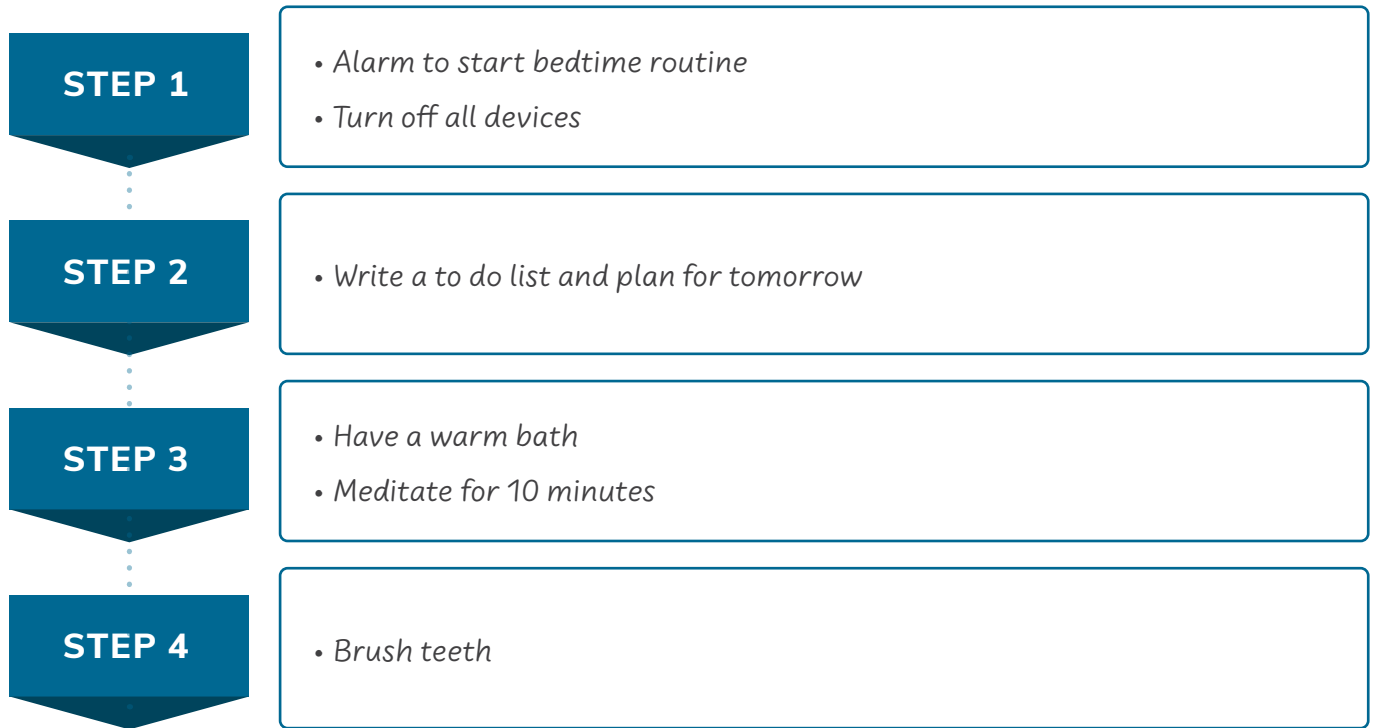
Some routine ideas

- Turn off all devices such as the TV, radio, tablets and phones at least one hour before bed
- Read a relaxing book
- Write a to do list or plan for tomorrow
- Have a hot shower or bath
- Brush your teeth
- Listen to relaxing music
- Get your clothes ready for tomorrow
- Meditate.



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Example bedtime routine



Now it is your turn to make a routine that will work best for you.

Remember to keep it simple, start off small and grow your routine over time.



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My bedtime routine

([click here](#) to download a blank copy)

Ask for help

Two heads are better than one.
Ask a carer or friend to help
you come up with a routine
that will work for you.

STEP 1

STEP 2

STEP 3

STEP 4

STEP 5

Remember to **be patient** – it can take about two weeks for your body to start to learn these cues and respond to your new routine.