

SLEEPING...

Sleep is a **basic need**. However, not everyone sleeps the same amount of hours, or needs the same amount of sleep. Research on sleep shows that people **normally** need between 4 and 11 hours of sleep per night. We speak of a **sleeping problem** when you sleep poorly for a long time and this effects your daily functioning, your energy, your mood and your concentration. Sleep is a behavior that you can partially learn. The basis for a good night is a good **sleep hygiene** and the creation of **fixed sleeping habits**. Below you will find **a number of tips** and **facts** that can help you with this.

✓ Find a **REGULAR RHYTHM**

It is especially important to wake up and get up at the same hour (even after a night out or in the weekend) BUT: only go to bed when you feel sleepy. You can't force yourself to fall asleep.

✓ Did you have a **"SHORT" night?**

You can compensate this with an afternoon nap, preferably before 3 pm and for a maximum of half an hour.

✓ **LIMIT your CAFFEINE USE**

Coffee, tea, cola, chocolate and energy drinks have a stimulating effect and therefore a negative effect on your sleep. Do not drink these drinks 4 to 6 hours before you go to bed. Alcohol may also be added to this list.

✓ **MOVE sufficiently during the day**

Try to exercise enough during the day, but avoid intensive exercise just before bedtime.

✓ **REST before going to bed**

Always create a moment to relax before sleeping. Try to build in at least 1h of relaxation time. Sleeping rituals can help you with this.

✓ **What if you CANNOT (FALL A)SLEEP?**

- Do not keep tossing and turning in your bed and try not to look at the clock if you can't manage to fall asleep. Stand up for a moment, take your mind off things and do something else (e.g. put yourself in the sofa and read) and go back to bed only when you feel you are having trouble staying awake.
- Your bed is for sleeping and not for reading, studying, netflixing, overthinking ...
- Avoid sleep medication, as it can be addictive.
- Provide a quiet, well-ventilated and comfortable sleeping environment.

TO REFLECT



HOW MANY HOURS OF SLEEP DO I THINK I NEED?

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WHAT TIME DO I WANT TO GET UP? HOUR. AT

WHAT TIME DO I GET INTO BED? HOUR

Does this correspond to the hours of sleep I think I need?



I DRINK (expressed in glasses and/or cups)

	Coffe/Tea	Cola	Energy drinks	Alcohol
Morning				
Noon				
Afternoon				
Evening				

Write your **sleep routine** here, **test it out** and **adjust** where necessary:

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