Hints for Good Sleep

- Have a relaxing routine before going to bed. For example have a warm bath, read a book or listen to music

- Diet. Cut down on caffeine and sugar. Caffeine is long acting, so you may need to have your last cup of coffee at lunch time.

- Time of meals. Lunch should be the largest meal of the day, with a small evening meal no later than 7pm

- Regular day time activity and exercise will improve your ability to fall asleep and to sleep more deeply

- Make time for thinking! People often avoid thinking about worries during the day, and so they come up at night. If you allow yourself to think through concerns during the day they are less likely to take over your rest time

- Go to bed when sleepy, but go to bed at about the same time each night. Going to bed too early (before 9pm) may mean you wake too early in the morning

- Get up at the same time each day. If you really want to sleep in on the weekends, only do so for one extra hour

- Do not nap or sleep during the day if you are having trouble sleeping at night. If you are really tired, have a short nap for a maximum of 20 minutes.

- Practice a relaxation technique daily. You can use tapes or cd's, or join a relaxation or yoga class in your local area

- No alcohol after dinner. Alcohol disrupts sleep

- Have a hot bath before bedtime. This will relax your muscles and help you to fall asleep

- Only use bed for sleep, so that it is not associated with wakeful activities (e.g. watching television)

- No nicotine. Try and smoke less, especially in the evening, as nicotine in cigarettes disturbs sleep.

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Treating Panic, Anxiety, Depression and Tranquilliser Dependency