



# TROUBLE SLEEPING? LEARN TO MANAGE YOUR SLEEP ISSUES

## WHAT ARE SLEEP ISSUES?

Do you have trouble with daytime sleepiness, falling asleep, or staying asleep at night? If so, you're not alone.

Sleep issues affect many of us on a daily basis and can be categorized according to a wide range of symptoms and side effects like not being able to sleep because of racing thoughts, tossing or turning, falling asleep much later than usual, or waking up many times in the night.

## FINDING A SOLUTION

Poor sleep can have far reaching effects on overall mental health and wellness. If you're experiencing sleep issues, try some of the below listed strategies.

- Go to bed and wake up at the same time every night (give or take 1 hour or less)
- Reduce caffeine intake (at any time during the day)
- Exercise (or exercise earlier in the day if you're exercising at night)
- Have a nighttime routine (something relaxing, light stretching, warm shower, deep breathing, reading, etc.)
- Don't look at screens for 30-60 min before bed and put a blue light filter on your phone and/or computer
- If you can't fall asleep do a quiet activity out of bed then get back into bed when you're tired
- Don't nap
- If you're going to sleep earlier and earlier and waking up lots in the night, try moving your bedtime an hour or so later, this may help reduce the number of times you wake up in the night or how long you're up for if you do get up

Note that this article should not to be considered medical advice, diagnosis, or treatment and should not be used as a substitute for medical advice, diagnosis, or treatment. Layla is not a healthcare provider so your use of this article is at your own risk. If you or someone you know are in need of immediate care, or are in crisis or danger of harm, call 911 or proceed to your nearest emergency room immediately.

Layla empowers you to **take greater control of your mental health**, Through a personalized approach, we make it simpler and faster to connect with the right therapist.

**TO FIND OUT HOW LAYLA CAN SUPPORT YOU, CONTACT US:**

647-374-4210

[contact@layla.care](mailto:contact@layla.care)

[www.layla.care](http://www.layla.care)

# SLEEP CALENDAR

## TRACK YOUR CYCLE TO GET A BETTER NIGHTS SLEEP

Creating a sleep calendar to track your sleep cycle and various issues with sleep can help you to determine the best course of action for your specific issues and circumstance.

Use the below calendar to track one month of sleep issues. Some things to pay attention to/track: sleep/wake times, sleep quality, diet/caffeine intake, exercise, specific stressors, disruptions (e.g., woken up by construction noise), any sleep strategies you tried. No need to track all, just what you feel may be relevant for you!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

## HELPFUL RESOURCES

The following are some self-help resources that you could choose to explore for more information:

- **Book:** *More Sleepless Nights* by Peter Hauri and Shirley Linde
- **Apps:** Headspace, Noisli, Pzizz, Slumber, Calm, Sleep Cycle, 10% Happier, Reflectly

If you are experiencing extreme sleep issues that disrupt everyday life and the solutions provided on this tips sheet have proven unhelpful, consult a licensed professional for further support.

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