香港城市精神健康聯盟
City Mental Health
Alliance HK

TOP TIPS TO KEEP SLEEP ON TRACK

Poor sleep can be both a cause and a symptom of mental health disorders. **Kate Bridle**, Sleep Physiologist and Founder of Sleep HQ, shares her top tips for getting a good night's sleep.

1. KEEP YOUR WORKSPACE AND SLEEP SPACE SEPARATE

If we work in the same area as we sleep, our brain will learn to associate our bedroom with activity and stress. Train your brain to associate your sleeping area as a space where you can relax and switch off.

2. MAINTAIN A REGULAR WAKE UP TIME EVERY DAY

This includes weekends. To regulate your body clock, get up at the same time every morning even if you have had poor sleep the night before. Try to avoid using the snooze function of your alarm as it encourages our body to drift in and out of light sleep.

3. GET PLENTY OF DAYLIGHT

Light helps to energise us and is the main regulator of our body clock. During the day, get up and get outside to soak up some natural light and switch on lights when indoors.

4. MAKE TIME FOR DAILY EXERCISE

Build in a morning routine and get moving. What you do in the morning once you wake up sets the tone for your sleep at night. Exercise helps to build up your chemical sleep drive for better quality sleep.

5. AVOID DAYTIME NAPS

If you struggle to fall asleep at night, then daytime naps should be avoided altogether. Otherwise, try to only nap in the first half of the day and for under 45 minutes. 15-minute power naps can be great for reenergising and refocusing without impacting quality sleep at night.

6. DISCONNECT ONE HOUR BEFORE BED

Bright light from electronics affects melatonin release. Additionally, engaging with news or social media before we sleep can also induce stress reactions. Swap your phone with a book or listen to music and meditate before bed. Create a bedtime ritual that doesn't involve technology.

7. DO NOT TAKE YOUR PHONE TO BED

Buy yourself an old-fashioned alarm clock and charge your phone outside of the sleeping area.

8. KEEP IT QUIET AND DARK

It is normal for adults to spend around 50% of the night in light sleep where we are easily woken by noise and light. Use ear plugs and an eye mask to minimise these sensory stimulations.

WORLD SLEEP DAY is marked on 15 March 2024. This year's theme is "Sleep Equity for Global Health". It's a day for raising awareness about the importance of regular sleep for achieving an optimal quality of life and improving global health. Read more **here.**

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The City Mental Health Alliance Hong Kong (CMHA HK) is a not-for-profit membership organisation. We are an alliance of businesses, working together with mental health experts and partner organisations, to achieve our vision that every workplace will protect, support and create positive mental health for their people.

We provide training, events, resources, research and practical support for companies wishing to create mentally healthy workplaces.

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This document is not and should not be considered as clinical advice or support. Anyone who may have a need for such support should seek professional advice.