

Topic

# « IMPROVE YOUR SLEEP »

## CHALLENGES

Sleep is an essential part of our wellbeing, but falling asleep isn't always easy. Worse, we can end up in a cycle of struggling to sleep and the anxiety around not sleeping can then make it harder to fall asleep- Nightmare!

This topic aims to raise awareness of the importance sleep has in our daily lives; it can make us feel more rested, improve our mood and boost our sense of wellbeing. So we're going to offer tips proven to improve sleep.



## KEY MESSAGES

**It's important to remove the guilt people feel around sleep.**

We often have the impression that sleep is standardized and that if we do not fall within the norm our sleep is not optimal.

**Here we seek to make people aware that everyone is unique when it comes to sleep.**

Listen to your body, it will tell you if you are too tired or well rested.

**Another common reason people have poor sleep is due to sleep apnoea.**

Our goal is to **help people recognise the underlying reasons they may be sleeping poorly** so that they can seek help and get a good night's rest.

### Sleep has no more secrets for me



**Learn about the importance of sleep**, how it works and why better sleep can have such a positive affect on our lives.

<https://www.sleepfoundation.org/circadian-rhythm>

### I develop good habits before sleeping



**Developing a routine is key to falling asleep.** Follow the link for tips on how to develop good 'pre-sleep' habits.

<https://www.nhs.uk/every-mind-matters/coronavirus/how-to-fall-asleep-faster-and-sleep-better>

### I manage my insomnia better



**When you have can't sleep it can feel like you are suffering alone.** But you're not! We're here to offer tips to better manage your insomnia.

<https://www.nhs.uk/conditions/insomnia/>

### The micro-nap is my friend



**The nap and the micro nap are often underrated**, but they're a great way to re-energize. Why not take a look at some of the benefits of napping?

<https://www.sleepfoundation.org/sleep-hygiene/napping>

# Workshop : RELAX TO NAP



## AIM OF THE WORKSHOP:

Guide participants through a meditation exercise to showcase how relaxing helps with falling asleep.

**DURATION :**

10 min



## WORKSHOP PLAN:

Ask each of the participants to sit on a chair; feet planted on the ground, back straight, shoulders low, arms along the body or on the legs and eyes closed. The position should be comfortable.

### Tell them to do the following:

**Take 3 deep breathes in and out to relax.**

**Inhale through the nose**, feeling the lungs inflate, then exhale a big blow of air to release tension.

**Repeat** this action twice.

**Meditation** can now begin.

**With a calm voice** ask participants to:

**INHALE** through the nose for 4 counts (count aloud to 4).

**Now ask them to HOLD their breath** and count to 7.

**Finally ask them to EXHALE** through their mouth slowly for a count of 8.

## MEDITATION WORKSHOP SEQUENCE:

### Sequence 1

- INHALE** through your nose (count aloud to 4)
- HOLD** your breath (count aloud to 7)
- EXHALE** through your mouth (count aloud to 8)

### START OF MEDITATION

### END OF MEDITATION

### Sequences 14 and 15

- INHALE** (count aloud to 4)
- HOLD** (count aloud to 7)
- EXHALE** (count aloud to 8)

### Sequences 2 and 3

- INHALE** (count aloud to 4)
- HOLD** (count aloud to 7)
- EXHALE** (count aloud to 8)

### Sequences 4 and 6

- INHALE** (count in your head to 4)
- HOLD** (count in your head to 7)
- EXHALE** (count in your head to 8)

### Sequences 7 and 10

Now repeat this on your own

(Do the exercise again but do not speak or leave room)



### Sequences 11 and 13

Slowly take the floor again:

- INHALE** (count in your head to 4)
- HOLD** (count in your head to 7)
- EXHALE** (count in your head to 8)

## Conclusion :



Ask people to share how the meditation made them feel if they are comfortable.

Suggest that they redo the exercise at home, especially before going to sleep and let them know it can also be performed in a lying down position.

