

## Talk To 10 Session #6 - Creating Calm Sleep

### WHY IS SLEEP IMPORTANT?

**Sleep** is a **biological imperative** and it serves to:

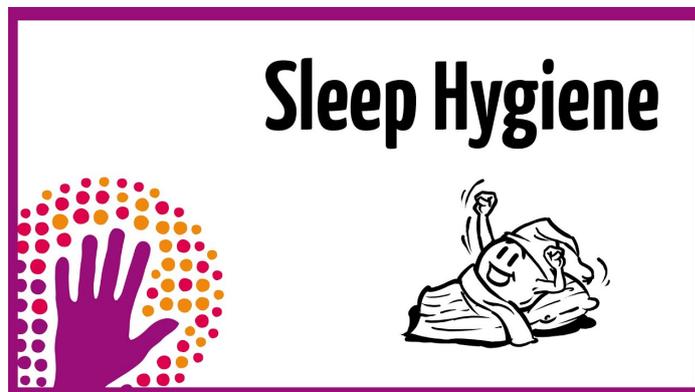
- Replenish from the day's activities.
- Cellular recovery.
- Consolidates the day's learning.
- Consolidates the emotions and experiences.
- Brains are far more efficient when they sleep well [smarter].

### WHAT HAPPENS WHEN IT IS COMPROMISED?

When **sleep is compromised**, it impacts on all aspects of our wellbeing and also our ability to remain resilient and bounce forward from adversity. Sleep disruption from a practical point of view is when the mind moves into a deep state of relaxation, and becomes quiet. **This is when big thoughts interfere with a quiet mind.**

For young people who may feel anxious or overwhelmed or at a loss, when it becomes quiet in their head, this is the time for monsters to come out and play, or worries that they have avoided during the day with distraction or "keeping busy".

| Sleep Hygiene   | Mind Sleep  |
|---|---|
| <p align="center"><b>Body Calm</b></p>  | <p align="center"><b>Attitudes to Sleep</b></p>   |
| <p>Quiet time 20 minutes before bedtime routine - downtime, low stimulation, down IT</p>  | <p>Make a decision to put away the list</p> <ul style="list-style-type: none"> <li>• Write up the list and decide for tomorrow</li> </ul>   |
| <p><b>Routine</b> to prepare for sleep crucial</p> <ul style="list-style-type: none"> <li>• Wash face/brush teeth/skin care</li> <li>• Pyjamas</li> <li>• Brush hair [important for soothing]</li> <li>• Toileting</li> <li>• Saying goodnight to family [co-regulation]</li> </ul> | <p><b>Mindful Presence</b></p> <ul style="list-style-type: none"> <li>• Focus on clean sheets, cool pillow, comfortable bed</li> <li>• Breathe through your nose</li> <li>• Breathe through your toes</li> </ul>                              |
| <p><b>Routine</b> for bedroom</p> <ul style="list-style-type: none"> <li>• Blinds up or down</li> <li>• De-clutter bed and surrounds</li> <li>• Choose sleep-buddy [regardless of age]</li> <li>• Bedtime books / reading - set limit</li> </ul>                                    | <p>Give permission for sleep</p> <ul style="list-style-type: none"> <li>• Let your body know that it can sleep</li> <li>• Tell your mind that rest is important</li> <li>• Only engage in thoughts that invite calm and relaxation</li> </ul> |
| <p>Yawning and stretching important cues for sleep - down regulating the breathing</p> <ul style="list-style-type: none"> <li>• Fixing pillow</li> </ul>  | <p>If the thinking is too loud in your head, tell your mind that you are interested in what it needs to tell you, but you will listen in the morning when you have a clear mind</p>   |




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Coronavirus Mental Wellbeing Support Line [1800 512 348](tel:1800512348)  
[headspace 1800 650 890](tel:1800650890)  
[Lifeline 13 11 14](tel:131114)  
[Kids Helpline 1800 55 1800](tel:1800551800)  
 National Alcohol and Other Drug Hotline [1800 250 015](tel:1800250015)  
[1800RESPECT 1800 737 732](tel:1800737732)