

# Parent Tip Sheet

## Sleeping Better and Resting

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**Sleeping better is one way for you to look after yourself.** It is common to have problems sleeping well from time to time, particularly if you're feeling stressed.

Parents' sleep is often determined by the needs of our babies and children. However, there are still some things you can do to **improve the time that you do have to rest** or sleep.



#### Here are some things to try to improve your rest time and sleep quality

- Establish a regular bedtime routine.
- Find ways to switch off and wind down before bed. For example, reading a book, listening to some gentle music, or practicing relaxation skills such as deep breathing.
- Try and wake and get up at the same time every day.
- Exercise regularly during the day. For example, go for a walk with the children.
- Avoid caffeine close to bedtime. This includes coffee, tea, soft-drinks, or chocolate.
- Be restful. It can be difficult to wind down after a long day, or to switch your mind off to sleep. Rather than get worried and frustrated about not falling asleep, remind yourself that it is ok that you are warm and restful in bed.
- Nap during the day when you can.

#### Think about your sleep and rest:

1. Write down one thing that you can do to sleep better OR get more time for rest.

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2. How can you make it happen?

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