

SLEEPING...

Sleep is a **basic need**. However, not everyone sleeps the same amount of hours, or needs the same amount of sleep. Research on sleep shows that people **normally** need between four to eleven hours sleep per night. When you sleep poorly for a long time and this affects your energy level, mood, concentration and in general your daily functioning, it is possible that you have a **sleeping problem**. Sleep is a behavior that you can partially learn. The basis for a good night is a good sleep hygiene and the creation of fixed sleeping habits. Below you will find **a number of tips** and **facts** that can help you with this.

- ✓ **Find a REGULAR RHYTHM**
Both at bedtime and when getting up (even after a night out and in the weekend).
- ✓ **Did you have a "SHORT" night?**
You can compensate this with an afternoon nap, preferably before 3 pm and for a maximum of half an hour.
- ✓ **LIMIT your CAFFEINE USE**
Coffee, tea, cola and energy drinks have a stimulating effect and therefore a negative effect on your sleep. Alcohol may also be added to this list.
- ✓ **MOVE sufficiently during the day**
Try to exercise enough during the day, but avoid intensive exercise just before bedtime.
- ✓ **REST before going to bed**
Create always a moment to relax before sleeping. Sleeping rituals can help you with this.
- ✓ **What if you CANNOT (FALL A)SLEEP?**
 - **Do not keep tossing in your bed.** Stand up for a moment, take your mind off things and do something else. Try to go to sleep afterwards.
 - **Your bed is for sleeping** and not for reading, studying, netflixing, ...
 - **Avoid sleep medication.** Sleep medication can be addictive.
 - Provide a **quiet, well-ventilated** and **comfortable sleeping environment**.

TO REFLECT



I SLEEP HOURS A DAY



I USUALLY GO TO SLEEP AT AND

I GET UP AT



I DRINK (expressed in glasses and / or cups)

	Coffee/tea	cola	Energy drinks	Alcohol
Morning				
Noon				
Afternoon				
Evening				

The **WORRYING THOUGHTS** that keeps me **AWAKE** are

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