



Mind Bites

Mindful sleeping



Getting to sleep can be hard.

Humming has the same calming effect on the nervous system as deep breathing. Also, making your face muscles more smooth and relaxed.

A personal story



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I've found the Headspace App really useful. I don't use it on a regular basis but over the last three weeks I've had problems sleeping and found it difficult to "switch off."

I use the 20-minute sleep course. Sometimes I fall asleep but at the end of it my head is clear, and I get to sleep quickly.

Share your story by emailing:
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Tips for sleeping



Ideal room temperature – between 15.5 – 19.4 Celsius. If it is too cold or hot it may wake you in the night.



Notepad nearby – instead of lying awake thinking about tomorrow, write down your thoughts in a journal.



Go herbal – a herbal tea can help you fall sleep, drinks such as lavender, chamomile and mint.



Calming eats – some foods such as berries, yogurts and bananas can help you relax.



Seek support – invest in a pillow and mattress to support you. It can help you to sleep better.

Useful resources

- [Mindfulness sleep exercises](#)
- [Headspace – Meditation for sleep](#)
- Relax melodies: Sleep Sounds app

Give us feedback [here](#).

