

SLEEP · REBUILDING HEALTHY REST

Better sleep

Evidence-based habits that work with your body, not against it.



Body clock

Light and routine set it



Sleep pressure

Builds the longer you're awake



Association

Bed means sleep, not screens

01 How sleep works

Sleep is driven by two systems: your body clock, tuned by light and routine, and sleep pressure, which builds the longer you are awake. Good habits work with both — a steady wake time anchors the clock, and a full, active day builds healthy pressure.

02 When it's insomnia

Persistent trouble falling or staying asleep, despite the opportunity, may be insomnia. The most effective treatment isn't medication but CBT-I — a short, structured, drug-free program that retrains the sleep system.

03 Habits that work

- ✓ Wake at the same time daily — even weekends
- ✓ Morning light; dim, screen-free evenings
- ✓ Keep the bed for sleep, not scrolling or worry
- ✓ Cut caffeine after midday; if awake 20+ min, reset

THE ROUTINE

A simple wind-down



A predictable, screen-light hour before bed tells the body it is safe to switch off.

PRACTICAL TOOLKIT

Tonight's wind-down

- ✓ 60 min out: dim the lights
- ✓ 30 min out: screens off, something calm
- ✓ In bed: slow breathing

Can't sleep? Get up, return when drowsy.

WHEN TO SEEK HELP

If poor sleep persists for weeks and affects your days, ask your GP or a psychologist about CBT-I — strong evidence, no sleeping tablets.

IN CRISIS — 24/7

Lifeline 13 11 14 · Emergency 000
mindhealth.com.au/urgent-help

THE TAKEAWAY

You can't force sleep. You can build the conditions that let it arrive.

TALK TO US WHEN YOU'RE READY

Parramatta & online, Australia-wide · mindhealth.com.au

1300 084 200