



Wellbeing Tips

Sleep Hygiene



Self-Care through mindfulness, sleep hygiene

Life does not always follow a typical routine for defence and veteran families. Between deployments, relocation, the stress that comes with the service life or navigating life after service or loss, it is very easy for sleep to take a back seat.

Ongoing impacts of grief too for many families including war widows can have negative impacts on sleep.

Getting good quality rest for yourself and your whole family, can make a huge difference for both your physical and mental health to improve productivity and overall quality of life.

Being mindful of small habits, like following a nightly routine, limiting screen time before bed, staying active during the day and getting enough sunlight, can have a big impact.

These changes can boost your mood and emotional resilience, improve cognitive functioning and even strengthen your immune system.

Looking after yourself is the first step toward showing up as your most authentic self and being better equipped to deal with daily stressors.

The Sleep Foundation is a great resource to learn more about building healthy and long-lasting sleep habits and getting the rest you need.

Visit the Sleep Foundation here by clicking the link or scanning the QR code on the left:

www.sleephealthfoundation.org.au

