



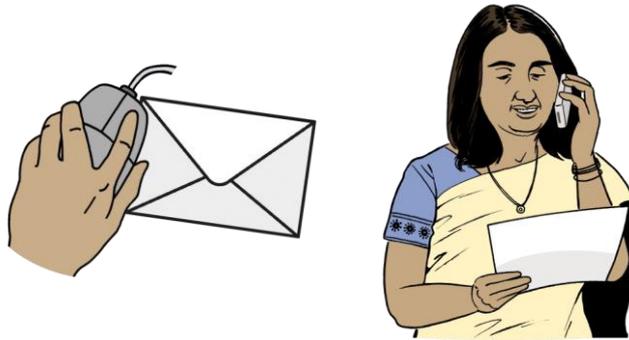
Strategies and Resources: **Barriers to Sleep and Solutions**

<u>Barriers To Sleep</u>	<u>Things That May Help</u>
Body clock – sometimes referred to as circadian rhythm can be out of sync to when we need to sleep e.g., awake at night, difficulty getting up in the morning, napping	Here is some information; https://www.sleepfoundation.org/articles/what-circadian-rhythm and tips to change our rhythm; https://www.sleepfoundation.org/articles/can-you-change-your-circadian-rhythm
Difficulties 'switching off' - those nights when we feel exhausted, but our brain will not seem to quieten down	<ul style="list-style-type: none"> • Meditation in whatever form works for you (don't set out to clear your mind, for a lot of people that is unrealistic), but sometimes focus on breath and breathing can help to calm • Experiment and find out what feels right for you
Processing the day - those times when we can get stuck in never-ending loops of attempting to figure out what happened during our day (this could be replaying interactions or conversations over and over in the minutest of detail)	<ul style="list-style-type: none"> • Writing things down may help 'get it out' of your head • A prep for sleep calming down routine performed regularly may enable mind and body to recognise when it is time to relax for sleep

	<ul style="list-style-type: none">• Waking and sleeping at the same time each day
Anxiety and depression can impact on us getting enough sleep or too much sleep as well as the quality of sleep we experience	<ul style="list-style-type: none">• Exercise helps anxiety and depression and can also improve quality of sleep (just consider the time of day you are exercising) <p>Some people find sunrise / sunset lamps / alarms useful</p>

Contact Us

This guide was produced by **Autism AIM**, part of The Advonet Group. We are a free service co-led by and run for autistic adults (aged 18+) in the Leeds, Bradford and Craven areas.



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- Follow us on Twitter at **@leedsautismaim** and **@bradfordautismaim**

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