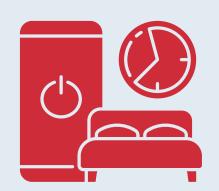# SLEEP HYGIENE TIPS

Yorkshire Autism AIM
Mental Health Equity Project

1. What is Sleep Hygiene?

'Sleep hygiene' refers to healthy habits, tools and environmental factors that can be adjusted to help you have a good night's sleep. Some sleeping problems can be caused by unmet needs, which left unsupported can result in disrupted sleep.
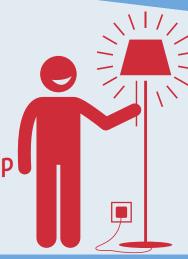
2. Sensory Sleep Tools

- Weighted blankets for deep pressure
- Aromatherapy: Lavender and chamomile can be soothing scents for sleep
- Soundscapes (like rain noises) or white noise
- Herbal teas before bed, such as chamomile tea
- Soft, sensory friendly bedding

3. Tailored Lighting

Lighting is an extremely helpful sleep tool to help us to regulate our sensory needs at bedtime. Examples include:

- Blackout curtains
- Night lights
- Electrical devices put in to sleep/off
- Projectors e.g. stars or waves

- Light alarms
- Coloured strip lighting (LED)
- Sleep masks

4. Mental Wellbeing and Support

Mental Wellbeing and support networks can be an important factor for sleep. If someone is stressed, experiencing low-mood or anxiety then this can impact sleep.
If life stressors are impacting your sleep it may be helpful to reach out to mental health services, your GP or friends/family.

5. Sleep Apps and Technology

For some people, sleep apps for tracking sleep or relaxation before bed can improve sleep quality. For other people. this might not work. Some examples are:

- Pokemon Sleep
- Calm
- SleepTown
- Pzizz
- Sleep Cycle
- Headspace

6. Routine and Activities

It can be helpful to have a consistent routine before sleeping to prepare your mind and body for rest. The activities in the routine are personal to you, but can include things like stretching, reading, a bath, tidying your space, journaling, making a to-do list for the next day or yoga.