



What are some mindfulness strategies I can implement to improve my sleep?

MINDFULNESS AND SLEEP

Up to a third of people have trouble falling asleep or staying asleep. Insomnia can have serious effects on our physical and mental health, so it's important to try and manage it.

A tense body and an active mind are two main causes of sleep problems. It's really common for the mind to start 'chattering' when lying quietly in bed. With no other distractions, the mind finds things to do, like rehashing the day, or worrying about tomorrow, which can then increase physical tension. Mindfulness can improve sleep by redirecting the mind from 'chatter' and relaxing the body, increasing the likelihood of falling asleep.

For mindfulness to help with sleep, it's a good idea to practice mindfulness frequently. An abundance of research has shown greater benefits from mindfulness when it's practiced regularly – just like strength training for muscles. Look for opportunities every day to build the mindfulness 'muscle'.

Although, there's no guarantee that a mindfulness activity will put you to sleep, you're much more likely to rest your mind and body than by tossing and turning or worrying. So there's really nothing to lose!



MINDFULNESS STRATEGIES FOR SLEEP

Mindfulness of the breath

Bring your attention to your breath. Imagine that your breath has a light or a colour. As you lie in bed, picture it as your breath fills your body, and then releases. Watch the breath as it enters through your nose, fills your lungs, and sends oxygen throughout your body. Each time your mind wanders, gently redirect it back to your breath.

Mindfulness of sound

Set up a sound to focus your attention on. It's often better when the sound is constant and peaceful, like nature sounds, instrumental music or simply 'white noise' (e.g. noise containing several frequencies with equal intensities). As you lie in bed focus your attention on the sound. Each time your mind wanders, gently redirect it back to the sound.

There several apps with sounds for mindfulness practice, and many have timers to switch off after a given time.

Mindful imagery

Create an image in your mind of yourself lying on the softest bed in the world. With each breath, feel your body getting heavier and more relaxed, and picture yourself sinking deeper into the soft bed. Each time your mind wanders, gently redirect it back to the this image.

We would like to thank Centre for Corporate Health (cfch.com.au) for their assistance in the compilation of this factsheet.

Stock Photography by Andrea Piacquadio, pexels.com



Corporate Mental Health Alliance AUSTRALIA

The Corporate Mental Health Alliance (CMHAA) is a group of Australian businesses dedicated to providing mentally healthy workplaces for their people.

FOR MORE INFORMATION PLEASE VISIT:

Website: cmhaa.org.au

LinkedIn: [Corporate Mental Health Alliance Australia](https://www.linkedin.com/company/corporate-mental-health-alliance-australia)



Commonwealth Bank

This resource was produced with the support of Commonwealth Bank

This document is not and should not be considered as advice or support. Anyone who may have a need for such support should seek professional advice. This information is provided for CMHAA and is provided for general information purposes only. Links or references to material on external sites are provided for your convenience only and inclusion does not represent endorsement of the external providers.