

stem4's General tips for a good night's sleep



Why is sleep so important?

You may not think it, but we need sleep for multiple reasons. Some of these include:

Vital Biological Functions

Sleep is necessary for your vital biological functions because it helps restore cells in the body to help in vital functions (e.g., growth and protein synthesis), aids in effective brain functioning, helps regulate appetite and insulin levels.

Mental Health

Sleep is also important for your mental health as it reduces anxiety, helps keep emotions stable, and helps with concentration and memory.

Physical Health

When it comes to physical health, sleep boosts immunity, helps your heart by regulating blood pressure, and helps you have better coordination.



Free Clear Fear App

If you're struggling to wind down before bed or experiencing racing thoughts as you try and sleep, try the free [Clear Fear app](#).

Top tips:

Tip 1

- Routine is really important since sleeping is a learned behaviour.

Tip 2

- Once you find your routine, stick to it. Sleep needs practice.

Tip 3

- Go to bed tired and don't read/eat in bed. Associate your bed with sleep.

Tip 4

- Manage worrying thoughts when you are in bed by writing them on a note pad next to you and allocating some time to deal with them when you are awake.

Tip 5

- Manage worrying thoughts when you are in bed by writing them on a note pad next to you and allocating some time to deal with them when you are awake.