BETTER SLEEP
FOR BETTER RECOVERY

TIPS FOR A BETTER SLEEP

Create a Sleep Routine

- Go to bed and wake up at the same time every day, even on weekends
- Avoid caffeine after 3PM
- Avoid alcohol, nicotine, and other substances that can interfere with sleep

Improve Sleep Habits

- If you're awake after 30 minutes, get out of bed and do a quiet activity for 15-20 minutes and then go back to bed
- Exercise during the day, but avoid heavy workouts in the evening
- Unwind before bed with relaxing activities (reading, deep breathing, or calming music)

Medication Use

- Only take sleep medication as prescribed by your doctor. Talk to your healthcare provider to learn more about medication for sleep

Sleep and Your Recovery

- Sleep helps your brain process thoughts and emotions, reducing stress and anxiety
- Poor sleep can make symptoms of psychosis worse, while good sleep supports clearer thinking
- Restful sleep gives you more energy to focus on treatment, relationships, and daily activities

Support Your Natural Sleep Cycle

- Avoid naps, as they can make night time sleep harder
- Avoid screens at least one hour before bed; blue light from screens can interfere with your natural sleep cycle
- Get outside during the day for natural light exposure
- Avoid spending time in bed if you aren't sleeping

Date & Time Asleep	Time Awake	Hours of Sleep	Quality of Sleep	Notes (dreams, waking up, etc)

Keeping track of your sleep can help you notice patterns and make changes for better rest. Try this worksheet for a week and talk to your healthcare provider about any concerns.

Reflection Questions:

1. What helped me sleep well
2. What made it hard to sleep?
3. What can I do differently to improve my sleep?

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Early Psychosis Intervention

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