Helpful tips for a good night sleep:

1. Is your bedroom a nice place to sleep? It should be cool, dark and peaceful. Is there something you could do to make it feel more relaxing? Add a nice smell perhaps?

2. Avoid napping during the day. We understand that following a bad night, you may feel like catching up on sleep throughout the day. However it is actually unhelpful as your body clock needs to distinguish day time from night time.

3. Bed and bedroom is for sleeping only. We need to associate bed with sleeping at the moment. Only go to bed when you’re tired. If you don’t go to sleep within 30 minutes, get up and complete an activity (that’s not going to wake you up too much), for example washing up, flick through a magazine in low lighting or listen to the radio. Nothing in bright light.

4. No screens in the bedroom. The light from TV, tablets or phones signal to your brain that it’s light and you need to wake up. We want to be giving your brain signals that its bed time and time for sleep.

5. Create a relaxing routine before bed, for example a warm bath or shower, listening to music. Try to go to bed around the same time each night and wake around the same time too.

6. Don’t go to bed hungry or too full. Depending on what time you have your evening meal, you may need a small snack between that and bed time.

7. Avoid caffeine after 4pm. This includes tea, coffee and fizzy drinks. Instead have decaffeinated versions, water or juice. What time do you have your last drink? We want to eliminate being woken up by other factors such as a full bladder.

8. Alcohol is a depressant and can make us feel drowsy however it actually reduces the quality sleep that we get meaning we don’t feel rested in the morning. Nicotine on the other hand is a stimulant and can also make it difficult to sleep if you smoke close to bed time.

Try using a breathing technique in the night if you wake from a nightmare to bring your awareness back to present safety. Practice this for a couple of weeks to see if it benefits you.

Colour breathing skill to try:

* Imagine a colour representing tension.
* As you start to pay attention to your breathing, imagine breathing out that colour to represent breathing out tension.
* Visualise the coloured air as you breathe it out and watch it float away.
* Allow yourself to breathe out all of the tension Now bring to mind a colour representing. calm, comforting feelings.
* Imagine breathing in this relaxed coloured air Just notice what happens in your body as you imagine breathing in the relaxed air.
* Continue to do this for another couple of minutes.