

# Humble Sleep

Sleep well, feel alive and do good.



**Hello,**

My name is Dr Bhatia. I work as a NHS GP and lead the Humble team of Doctors. We offer personalised wellbeing support and specialise in helping people sleep better.

## How are you sleeping?

Sleep is really important but often taken for granted. Unfortunately modern life doesn't make it easy. About 1/4 of us struggle to sleep (insomnia) and 1/2 of us are sleeping poorly without realising! This can profoundly affect our physical and mental health. Poor sleep also disrupts our focus, contributing to mistakes and conflicts. Fortunately when we sleep well we are healthier, happier and perform better. It really is our super power.



**The good news** is that most people can improve their sleep. For years we have been helping individuals, schools and organizations sleep well with simple strategies. We also specialise in CBT for insomnia (recommended by NICE).

We work with you using adaptable and cost effective:

**Personalised support, online seminars and well-being resources**

# 98%

**Recommend us**

Most people see progress in just one session with great results in 4 weeks. Get started using the free beginner's [video guide](#).

To get in touch or find out more: [www.humblesleep.com](http://www.humblesleep.com)

Find out more about us at [www.humblesleep.com](http://www.humblesleep.com) We specialise in helping you bring out your best.

This is not a substitute for medical guidance. If in doubt please consult with your doctor. © Dr Bhatia 2020

## Sleep improves when you get your LEFTS right.

- Light** See the sky at sunrise and sunset. Switch off screens 2 hours before bed.
- Exercise** Exercise/walk outside if you can. Even 30 seconds out of puff is plenty.
- Food** Cut caffeine after noon. Last meal 3 hrs before bed, only drink water after.
- Temperature** Cool your bedroom to 18°C and a sip or splash of cold water if you get hot.
- Soothe** Cool your mind with time to relax & unwind with a journal or candle lit bath.

### 1. Start today

Start by setting your body clock with regular wake-up, walk-out, wind-down and bed times.

**My wake up time is:**

\_\_\_\_\_ : **am**  
 Rise & shine at the same time.  
 Lose the snooze.

**My walk outside is:**

\_\_\_\_\_ : **am**  
 See the sky before 10am to set your body-clock.

**My wind down time is:**

\_\_\_\_\_ : **pm**  
 Set a reminder to switch off screens & relax (try a candle).

**My best bedtime is:**

\_\_\_\_\_ : **pm**  
 Bed is for sleep & snuggles, no stress or screens.



**Light**



**Exercise**



**Food**



**Temperature**



**Soothe**



**Sleep**

### 2. Make a plan that works for you & stick to it.

Stick this chart on the fridge as a reminder.

Sleep plan	Example	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
<b>Light</b>	7am ✓							
<b>Exercise</b>	8am ✓							
<b>Food</b>	9pm ×							
<b>Temperature</b>	10pm ×							
<b>Soothe</b>	11pm ×							
<b>Daily score</b>	2/5							

### 3. Each morning keep your score for the day before

### 4. Well done.

Progress can take time so for extra help contact us at [www.humblesleep.com](http://www.humblesleep.com)



**Waking at night is natural** but insomnia, (struggling to get to sleep or stay asleep), can feel really tough. Also the harder we try to sleep the harder it can seem to get. The good news is that most people can improve using CBT i (Cognitive behavioural therapy for insomnia). You can access this using apps like CBT i coach (for free) and personalised support at [www.humble.info](http://www.humble.info). We specialise in helping you sleep well, surf stress and more. Try these helpful tips:

## 1. Do what helps in the day by getting your LEFTS right

(see more on page 2)

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## 2. Be ready if you wake with a red torch by your bedside.

This sustains your melatonin (a natural sleep hormone) which otherwise is blocked by artificial lights and phones.



## 3. Do what HELPS at night.

If you are awake enough to worry then it's time to get out of bed and do what HELPS

- 
- Hydrate** Empty your bladder and relax by sipping some cool water.
  - Exhale** Go somewhere quiet and listen to your breath sounds, extending the exhale.
  - Let go** Stop trying for a while and do something soothing (music, reading, meditation) Or put your worries down in a notepad that you can look at again when ready.
  - Pillow** When you feel sleepy go back to bed and turn your pillow over for a fresh start.
  - Squeeze** As you inhale gently squeeze your face muscles and exhale to release saying "My day is done" "It's time to sleep" "feel at peace" "Squeeze and release"
  - Sleep**

## 4. Get Help

Perhaps chat with your GP or get in touch with us, we'd be delighted to help.

[www.humblesleep.com](http://www.humblesleep.com)