

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 overlooked. Unfortunately modern life doesn't make it easy. So many of us struggle with sleep. This can profoundly affect our physical and mental health. Poor sleep also disrupts our focus and judgement 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

Improve your sleep in just 1 week

Sleep improves when you get your LEFTS right. [Click here for free video](#)

- 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.
- Sleep space** Safe, dark & quiet, just for sleep & sex. If stressed go to a separate sanctuary.

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:

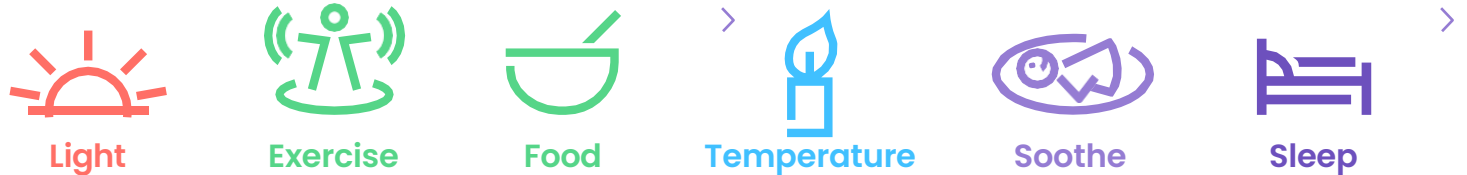
_____ : _____ **pm**

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.



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
Light Wake-up	✓							
Exercise Walk-out								
Food	✓							
Temperature								
Soothe Wind-down	✓							
Sleep space Bed-time								
Daily score	3/6							

3. Each morning keep your score for the day before

4. Well done.

Changing habits can be tricky. For personalised support contact us at www.humblesleep.com

Insomnia HELP sheet



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 sleepful (for free) and personalised support at www.humblesleep.com. We specialise in helping you overcome insomnia. Here are some helpful tips:

1. Do what helps in the day by getting your **LEFTS** right (see tips on page 2)

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

Dim light sustains your melatonin (a natural sleep hormone) which otherwise is blocked by bright 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

Hydrate



Exhale

Exhale



Let go

Let go



Pillow

Pillow



Squeeze

Squeeze



Sleep

Empty your bladder and relax by sipping some cool water.

Go somewhere quiet and listen to your breath sounds, extending the exhale.

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.

When you feel sleepy go back to bed and turn your pillow over for a fresh start.

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"

4. Get Help

Talk with your GP or get in touch with us, we'd be delighted to help. www.humblesleep.com

We teach you six CBT i skills over 6 sessions as shown in the table below.

Set up success	Stimulus Control	Sleep Efficiency	Soothing strategies	Structure thinking	Set free and support
Screen suitability Respect Reassure Set expectations	Only Sleep & Sex in bed. No stress or screens	Avoid napping and only go to bed if sleepy	E.g. Body scan Calm breathing Eyes open, PMR	Pause & process regulate & reframe	Strategies and support to stay on track
Start sleep journal Set wake up time Sleep hygiene	If awake >20 min exit bed and go to a sanctuary	Record & restrict time in bed by going to bed later	Be ready with a plan if you wake. Eg.music, journal	Write worries CALM feelings & filter thoughts	Life is about living, not just sleep.

"After 20 years of insomnia I'm finally free!"