



18 Tips for a Good Night's Sleep

Annalise Kirk
Hypnotherapy

Welcome

Poor sleep is one of the most underestimated problems we encounter in this technological age. It has been linked to:

- Alzheimer's
- Diabetes
- Weight gain
- High blood pressure
- Low mood
- Low energy levels
- Poor work performance
- Relationship issues

Poor sleep can impact on anxiety levels and influence how we deal with everyday occurrences. It can also contribute to poor attention, concentration and memory; cause irritability and other mood disturbances; impair judgement and reaction time; and cause poor physical co-ordination.

Annalise Kirk
Hypnotherapy

Unfortunately, the more we 'try' to go to sleep, the more likely we are to get frustrated and set off lots of reactions in our body whose sole purpose is to keep us awake!

So what can we do about it?

This guide provides you with some tips and ideas to help you get a good night's sleep.

I suggest that you read through the booklet first and gradually try different things so that you know what works, and what doesn't work – and who knows, you may only need to change a couple of things to make a big improvement to your quality of sleep!

Best wishes

Annalise

Annalise Kirk
Hypnotherapy

Tip #1

Create a Regular Bedtime Routine

Try to go to bed before 11pm
when physiological repair work
is at it's height

Tip #2

Declutter your Bedroom

Create an ambient and
peaceful atmosphere

Tip #3

Digital Detox

Don't watch TV, play
computer games, work
or surf the net in the
bedroom

Annalise Kirk
Hypnotherapy

Tip #4

Take more Exercise

Research shows people sleep significantly better and feel more alert during the day if they get at least 150 minutes of exercise a week

Tip #5

Keep Cool

Keep your bedroom temperature around 16-18 degrees Celsius

Tip #6

Be Comfortable

Make sure that your bed is comfortable and is not older than 8yrs

Annalise Kirk
Hypnotherapy

Tip #7
Cut down on
Stimulants

Caffeine interferes with
falling asleep and prevents
deep sleep

Tip #8
Wear Loose Fitting
Clothes

Tight clothes can be
uncomfortable and increase
your temperature

Tip #9
Create a Safe Haven
Decorate your bedroom in
soothing colours and buy
new bedding

Annalise Kirk
Hypnotherapy

Tip #10

Increase Tryptophan

Tryptophan helps produce serotonin, often called the 'sleep hormone'. It can be bought as a supplement

Tip #11

Relaaaaax

Do some gentle yoga, stretching exercises, self hypnosis or meditation to calm and relax the body

Tip #12

Don't Overindulge

Too much food just before bedtime can lead to heartburn and discomfort

Annalise Kirk
Hypnotherapy

Tip #13

Don't Smoke

Smokers take longer to fall asleep, wake more often and often experience sleep disruption

Tip #14

Keep your Feet warm

Feet have the poorest circulation and having cold feet can wake you up

Tip #15

Shhhhhhhhhhh

Your bedroom should be as dark and quiet as possible to aid sleep

Tip #16

Avoid Excess alcohol

Alcohol may make you fall asleep initially, but dehydration will most likely disturb your sleep later on

Tip #17

Postpone worry

If you have something on your mind, write it down and resolve to deal with it tomorrow

Tip #18

Get Up!

If you still can't sleep, don't lie there worrying about it. Get up and do something you find relaxing until you feel sleepy again, then go back to bed.

Annalise Kirk

Hypnotherapy



I hope that you have found these sleep tips useful. If you did, please let me know!

If you are local to Basingstoke, you are more than welcome to pop in and have a chat to see how I can help you improve your sleep using hypnotherapy – my contact details are at the end of this e-book.

Sleep Well!

Annalise

Annalise Kirk
Hypnotherapy

About me

I have always had an interest in how the mind works and how we can help it to help us, but it wasn't until my mid 30s that I decided that I would make it my career.

I hold the following qualifications:

- Diploma in Clinical Hypnotherapy
- Hypnotherapy Practitioner Diploma (HPD)
- Certificate in Cognitive Behavioural Hypnotherapy
- NLP Practitioner Certificate

I have also received additional training in:

- PTSD
- Insomnia
- Pain Management
- IBS
- Skin conditions
- Sports Performance



I am the Continuing Professional Development Officer for the Professional Hypnotherapy Network and I am regularly referred clients by local GPs and have appeared in Hampshire Life magazine.

In my spare time I like to potter on my allotment, bake cakes and take long refreshing walks in the country.

I also have an unhealthy interest in crime fiction and always leave a jumble sale with a bag of books!

When I'm not doing the above, I like to spend time with my partner, Gary, who is a Personal Trainer.

Annalise Kirk
Hypnotherapy

How to Contact Me



The best way to contact me is through the contact form on my website, or by email because I am often with clients and so I am often unable to answer my phone. Alternatively, please feel free to connect with me via social media.

| | |
|------------|---|
| Tel: | 01256 21 31 41 / 07769 650161 |
| Email: | ask@annalisekirk.co.uk |
| Website: | www.annalisekirk.co.uk |
| Twitter: | @annalisekirk |
| Facebook: | Annalise Kirk Hypnotherapy |
| Instagram: | annalisekirkhypnotherapist_ |

Annalise Kirk
Hypnotherapy