mindhealth FACT SHEET

SLEEP · REBUILDING HEALTHY REST

# Better sleep

*Evidence-based habits that work with your body, not against it.*



**Body clock**
Light and routine set it

**Sleep pressure**
Builds the longer you're awake

**Association**
Bed means sleep, not screens

## 01 How sleep works

Sleep is driven by two systems: your body clock, tuned by light and routine, and sleep pressure, which builds the longer you are awake. Good habits work with both: a steady wake time anchors the clock, and a full, active day builds healthy pressure.

## 02 When it's insomnia

Persistent trouble falling or staying asleep, despite the opportunity, may be insomnia. The most effective treatment isn't medication but CBT-I: a short, structured, drug-free program that retrains the sleep system.

## 03 Habits that work

- Wake at the same time daily, even weekends
- Morning light; dim, screen-free evenings
- Keep the bed for sleep, not scrolling or worry
- Cut caffeine after midday; if awake 20+ min, reset

THE ROUTINE

### A simple wind-down

**60 min** Dim lights → **30 min** Screens off → **Lights out** Into bed

*A predictable, screen-light hour before bed tells the body it is safe to switch off.*

PRACTICAL TOOLKIT

### Tonight's wind-down

1. 60 min out: dim the lights
2. 30 min out: screens off, something calm
3. In bed: slow breathing

*Can't sleep? Get up, return when drowsy.*

A PRACTICAL STORY

*From wired at midnight to a calm wind-down*




WHEN TO SEEK HELP

If poor sleep persists for weeks and affects your days, ask your GP or a psychologist about CBT-I: strong evidence, no sleeping tablets.

DID YOU KNOW?

Insomnia comes from the Latin in, meaning not, and somnus, meaning sleep.

*Oxford English Dictionary*

THE KEY TAKEAWAY

*You can't force sleep. You can build the conditions that let it arrive.*

**Need support right now?** Lifeline **13 11 14** · Emergency **000** — available 24/7. More options: **mindhealth.com.au/urgent-help**

TALK TO US WHEN YOU'RE READY

Parramatta and online, Australia-wide · **Book at mindhealth.com.au**

**1300 084 200**

MH-CR-204 · v32 · October 2026
© 2026 Mind Health · General information, not medical advice · CC BY-NC-SA 4.0