



EDITORIAL GUIDE • SLEEP & WELLBEING

Sleep better

Habits, relaxation and lighting choices to prepare body and mind for a more peaceful night.



Sleep: a biological need

Good sleep supports attention, memory, mood, immunity and physical recovery.

What happens during the night

Sleep moves through different stages throughout the night. During these stages, the brain organises memories, regulates emotional processes and coordinates recovery. Individual needs vary, but many adults function best with around 7 to 9 hours.

WHEN SLEEP IS INSUFFICIENT

Tiredness, irritability, difficulty concentrating and low energy may occur. An occasional poor night is common; it deserves attention when it becomes frequent.



QUALITY MATTERS TOO

Waking repeatedly, loud snoring, waking short of breath or remaining exhausted despite enough time in bed are reasons to speak with a healthcare professional.

NO BLAME

Sleep is not a test of discipline. Pain, menopause, stress, medication, shift work and respiratory conditions may interfere.

When stress follows you into the night

The mind can remain alert even when the body is tired.

The worry-alert-fatigue cycle

Worries increase alertness and make it harder to transition into sleep. After a fragmented night, emotional tolerance may be lower, which can feed further tension the next day.

COMMON SIGNS

A clenched jaw, raised shoulders, shallow breathing, repetitive thoughts, impatience and difficulty switching off. These signs do not locate emotions in specific organs.



PUT WORRIES ON PAPER

Before bed, write tasks and worries in a notebook. Choose one small action for the following day, then set the matter aside for the night.

A BRIEF PAUSE

Relax your forehead, eyes and jaw. Lower your shoulders and take five comfortably longer exhales without forced breath holds.

Sleep hygiene

Small, repeated habits help the body clock recognise when it is time to rest.



Darkness



Fewer screens



Calming routine

- 1 Keep a regular wake-up time, even after a poor night.
- 2 Get natural daylight and move during the day.
- 3 Begin winding down about 1 hour before bed.
- 4 Keep your bedroom dark, quiet, cool and comfortable.
- 5 Avoid large meals, alcohol and stimulants close to bedtime.
- 6 If possible, switch off screens and notifications before bed.

IMPORTANT

Alcohol may make it easier to fall asleep, but tends to fragment sleep. Caffeine remains in the body for hours; adjust timing according to your sensitivity.

Light, colour and circadian rhythm

At night, light intensity and timing matter as much as perceived colour.

Light sends timing signals to the brain

Bright light at night may delay the body's natural preparation for sleep. Screens and very bright lamps deserve particular attention, especially when used close to the face. Choose low, indirect, warm lighting during your evening routine.

WARM AND LOW

SOFT AMBER

BRIGHT BLUE: AVOID

DURING THE DAY

Exposure to natural daylight, especially in the morning, helps signal wakefulness and may support a more regular sleep schedule.

DURING THE EVENING

Lower the intensity. Use enough light to move around safely, but avoid prolonged bright lighting.

SAFETY

Do not look directly at intense light sources. People with eye conditions, photosensitive migraine, photosensitive epilepsy or light-sensitising medication should seek professional advice.

Colour Therapy session

Colour and light integrated into personalised care to support relaxation and wellbeing.



A MOMENT TO SLOW DOWN

Sleep and stress

The session creates a welcoming sensory pause and may support stress reduction, deep relaxation and preparation for a more peaceful night's sleep.

PERSONALISED CARE

BETTER SLEEP

May help you wind down before bed and support a more comfortable rest routine.

STRESS REDUCTION

Offers an environment for pause, comfort and relaxation amid the demands of daily life.

BALANCE AND RELAXATION

May enhance feelings of calm, presence, emotional balance and overall wellbeing.

COMFORT AND VITALITY

May complement plans focused on comfort, energy and vitality, according to individual goals.

Book your Colour Therapy session

Personalised plans to support consistent results and long-term wellbeing.

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Scan to book

Breathing and body relaxation

The aim is not to force sleep, but to reduce effort and prepare for the transition.



Comfortable breathing • 2 minutes

- 1 Place one hand on your chest and the other on your abdomen.
- 2 Inhale without filling your lungs to the maximum.
- 3 Exhale a little more slowly without holding your breath.
- 4 Repeat for 5 to 8 cycles, then return to your natural rhythm.



Release neck and shoulders

- 1 Relax your jaw and allow your tongue to rest.
- 2 Gently tilt your head to one side.
- 3 Breathe for 15 seconds, then change sides.
- 4 Stop if you feel dizzy, experience pain or tingling.

BREATHING SHOULD REMAIN COMFORTABLE

Use a gentle, natural rhythm. Stop if you feel dizzy, short of breath, in pain or unwell. Then return to your usual breathing and stand up slowly.

Supported reclining posture

Comfort depends on appropriate support, not on achieving a large range of movement.



Supported reclined bound angle

- 1 Lie down with your head and upper body supported.
- 2 Bring the soles of your feet together and allow your knees to open only as far as is comfortable.
- 3 Place cushions under your knees to avoid tension in the hips.
- 4 Remain for 1 to 3 minutes, breathing naturally.

MAY HELP YOU SLOW DOWN

The position offers a comfortable pause and may reduce the perception of tension. It is not guaranteed to induce sleep, improve digestion or treat pain.

AVOID OR ADAPT

Pain in the groin, hip, knee or lower back indicates a need for more support or another position. Pregnant people and those with injuries should seek professional guidance.

Sleeping positions and pillows

There is no single perfect position: choose one that allows you to breathe comfortably and wake with less discomfort.



Side sleeping

Keep your head aligned with your torso. A pillow between the knees may reduce pelvic rotation and lower-back tension.



Back sleeping

A pillow under the knees may make the lower back more comfortable. Adjust pillow height so your chin is not pushed towards your chest.

PAIN OR REFLUX

The best position may depend on the cause. Reflux, pregnancy, sleep apnoea, shoulder pain and respiratory conditions require specific adjustments.

SNORING AND BREATHING PAUSES

Loud snoring, gasping, observed pauses and excessive daytime sleepiness warrant assessment for sleep apnoea.

One hour to wind down

Use this as a guide and adapt it to your schedule, family and work routine.

**60 min**

Dim the lights and finish stimulating tasks.

**45 min**

Avoid news, work and difficult conversations. Prepare your environment.

**30 min**

Put your phone out of reach. Have a shower or complete your personal care routine.

**20 min**

Read, listen to calming music, or write down worries and tasks.

**10 min**

Practise comfortable breathing or gentle stretching.

**0 min**

Go to bed only when sleepy. Keep your bedroom dark and cool.

IF YOU CANNOT FALL ASLEEP

Avoid watching the clock. If you have been awake and frustrated for a while, get up, do something calm in low light, and return when you feel sleepy.

When to seek help

Persistent insomnia deserves investigation of the cause, not simply more tips.

Speak with your GP if:

- 1 Difficulties last for around a month despite changes to your routine.
- 2 Sleep is affecting work, memory, mood, safety or quality of life.
- 3 There is loud snoring, breathing pauses, significant leg movements or sleepiness while driving.
- 4 Stress, low mood, pain, menopause or medication is interfering with sleep.



FIRST-LINE TREATMENT

Cognitive behavioural therapy for insomnia (CBT-I) is recommended for persistent insomnia and addresses habits, thoughts and the association between bed and sleep.

BE CAUTIOUS WITH QUICK FIXES

Medicines and supplements may have indications and side effects. Do not start or extend their use without medical or pharmacy advice.

DO NOT DRIVE OR OPERATE MACHINERY IF YOU ARE SLEEPY.



Rest is also self-care

A consistent routine, a comfortable environment and professional support when needed can make nights safer and more peaceful.

SOURCES CONSULTED

- HSE Ireland - Insomnia: signs, symptoms and treatment; Sleep problems and self-help.
- NHS Every Mind Matters - Fall asleep faster and sleep better.
- NICE Clinical Knowledge Summaries - Insomnia; CBT-I as recommended treatment.
- Royal Papworth Hospital NHS - Sleep hygiene: tips for improving sleep.
- Scientific literature on Colour Therapy: preliminary findings and clinical evidence remain limited.

IMPORTANT INFORMATION

This ebook is educational. It does not diagnose or treat insomnia and does not replace medical, psychological or sleep-clinic care. Colour Therapy is presented as a complementary wellbeing resource. Seek urgent help if you are in crisis or at risk of harming yourself.

BOOK YOUR APPOINTMENT

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