Black Cockatoo
MEN'S COUNSELLING

GETTING A BETTER NIGHT'S SLEEP

Practical ways to rest, recover and wake with more in the tank

MAKE SLEEP PART OF LOOKING AFTER YOURSELF

You don't have to earn rest by getting everything done.

Sleep affects your mood, energy, concentration and patience.

Most adults need around 7–9 hours, though individual needs vary.

KEEP A STEADY RHYTHM

Get up at around the same time most days. Morning daylight and a regular daily routine help your body clock know when it is time to be awake — and when to wind down.

BUILD A WIND-DOWN ROUTINE

Make your bedroom comfortable: invest in a supportive mattress and pillow, and keep the room cool, dark and quiet. Give yourself 30–60 minutes to wind down.

MOVE DURING THE DAY

Walking, swimming, cycling and regular activity support sleep. Add gentle stretching or yoga to improve flexibility and ease tension. Daylight outdoors helps too.

WATCH THE LATE-DAY HABITS

Coffee, tea, cola and energy drinks can hang around for hours. Try moving caffeine earlier. Alcohol may make you drowsy, but often breaks up sleep later in the night. Avoid a heavy late meal.

TAKE THE LOAD OFF YOUR MIND

If tomorrow's tasks or worries keep circling, write them down earlier in the evening. Note one next step for each. Remind yourself: this is parked for tomorrow, not a problem to solve at 2 am.

IF YOU WAKE AND CAN'T GET BACK TO SLEEP

Try not to watch the clock or fight for sleep. If you are wide awake and frustrated, get up, keep the light low and do something quiet. Return to bed when sleepy. Keep the phone out of the loop.

DON'T TURN SLEEP INTO ANOTHER TEST

One poor night doesn't mean tomorrow is lost. Aim for helpful habits over time, rather than chasing a perfect night's sleep.

MAKE IT REAL THIS WEEK

Choose one change: a steadier wake-up time, an earlier caffeine cut-off, or a simple wind-down routine. Try it for seven nights and notice what shifts.

A THOUGHT TO TAKE WITH YOU

“Sleep that knits up the ravelled sleeve of care.”

William Shakespeare, Macbeth, Act 2, Scene 2

A LIGHTER THOUGHT

Tomorrow's problems can wait until tomorrow. They don't need a midnight meeting.

A little reminder: you are allowed to switch off.

If poor sleep persists or affects daily life, speak with your GP. Loud snoring, gasping or pauses in breathing also deserve a check.