

INNER RAINBOW

FOR ALL AGES



SLEEP TOOLKIT



Your body and mind need rest every night, to heal and grow. Creating your own Sleep Tool Kit is a great way to help yourself get the right amount of sleep to support you.

Life has so many distractions and getting to sleep can be a tricky thing to achieve. If you have a check list and tools, you can run through them every night, which may help, especially when you are struggling to switch off.

Everyone is different so feel free to change and add to this to suit yourself.

BODY

- Am I comfortable?
- Is my room the correct temperature or should I adjust the aircon/fan/heater/ covers/ my pyjamas?
- Is my bed comfortable? Do I need to adjust the sheets, pillow, covers?
- Shall I go to the toilet?
- Would I like a drink?
- Am I hungry?
- Is the light too bright?
- Are my muscles relaxed? If not shall I squeeze and relax my body (like we do before a lying down meditation) or shall I relax each part bit by bit - starting with my feet, then my legs, then my hips and sending my breath to each part.

SPACE

- Do I need to tidy things up or close drawers and cupboards or remove books and toys from my bedside table to reduce distractions?
- Shall I spray my room spray to calm my senses?
- Do I want my crystal beads nearby?
- Is the mobile phone or iPad outside my room to remove distractions?
- Is there some sound or music that helps me to sleep such as the meditation music we use in class?

MINDFULNESS AND BALANCE

- Have I taken some slow deep breaths? If not I can do this and really concentrate on how the breath feels as it comes in and out of my nose or mouth or body?
- Which meditation shall I do to help me today? Shall I breath in a colour for 30 seconds or listen to a recorded meditation?
- If I feel out of balance or am thinking too much will rubbing my grounding points help?

FEELINGS

- Do I feel safe? If not will a hug from someone help and can I ask them for one?
- Or can I hug my soft toy or cuddly?
- Are there uncomfortable feelings going on? Perhaps I can hold my Emotional Stress Relief Points and wait for them to lessen?
- Or if they are too much can I try writing them out or drawing them to allow them to be expressed?
- Can I think of all the things I am thankful for today? Or in my life?
- Can I think of what makes me happy?
- Can I say "I love myself" or "I am safe"
- Did I say "I can't sleep"? If I did I can repeat to myself "I can sleep", "sleep supports me", "It is safe to sleep"
- Have I said "Thank you body, it's time to rest" and "Thank you mind, it's time to rest"