

WEEK 20

HYPERVIGILANCE



Hypervigilance (excess arousal) refers to an overactive mind often keeping one awake at night (there are other causes). In our experience an overactive mind is the most common cause of disrupted sleep. This is linked to worry, anger and rumination. It severely undermines resilience and makes the night exhausting rather than rejuvenating.

TIPS



Good quality sleep depends upon a quiet mind. Implement a 90 minute cool down period before sleep. Limit device use and turn off bright lights.



Night is not the time for thought. Gently push your attention from busy thoughts to the feeling of breathing.



Practise relaxing muscles and breathing slowly when you lie down to sleep. Use tactical calm - 4 second inhalation followed by a 6 second exhalation. Repeat for several minutes.



Avoid late work, never get up to work at night. If you get up in the night, avoid screens and bright lights (phone, fridge, bathroom).



Gradually build confidence in your ability to trigger sleep at will. Remember, small changes can make a big difference in helping us relax and ease into sleep.