

What can you do for a good night's sleep?



Fonds
Soziales
Wien

Für die
Stadt Wien

Tips for children from the Institute for Women's and Men's Health Vienna / Project NEDA

It is important to sleep well!

When we sleep well, we have more energy the next day, we feel both better and more relaxed.

On this page you will find tips to sleep better. On the back you will find tips against anxiety and nightmares.

Read this poster to learn how to sleep better!

The Good-Night-Ritual

To sleep better, you can try to do the same things every day before going to bed.

This is called a ritual.

Your personal good-night-ritual you can create yourself!

It is important that you do not use your cell phone, the TV or any other similar device for 1 hour before you go to bed.

Think: **What do I always do before I go to sleep?**

For example:

1. I put my cell phone away.
2. I brush my teeth.
3. I put on my pajamas.
4. I wish everyone a good night.
5. I turn on my nightlight.
6. I lie down in bed.
7. I do the **3 Good Things** exercise.



The 3 Good Things Exercise!

This exercise should help you to go to sleep with a good feeling.

Think about it every day before you go to bed:

What 3 good things am I grateful for today?

For example:

1. I played with a friend.
2. I was complimented at school.
3. I petted a cute dog.

If you can't think of something right away, go back over your day in your mind. I'm sure you can think of something!

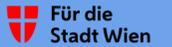
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What can you do about anxiety and nightmares?



My safe object

Pick an object that reminds you that you are safe, such as a stuffed animal or a photo. Place your safe object so that you can see it clearly when you are lying in bed. When you wake up at night, for example after a nightmare, or are anxious, look at the object and remind yourself that you are safe.



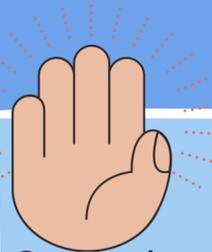
Shake it out!

Dogs and other animals shake themselves when they are agitated. This allows them to calm down again.

Maybe you've seen a dog shake himself after a wild game!

Sometimes it can help to really shake yourself out to get rid of all the anxiety and tension!

If you are scared or very anxious, for example after a nightmare, it can feel good to shake yourself out.



Stop-Signal



Sometimes we have thoughts that are not good for us. For example, we constantly think about something bad that happened once, or we are worried because people we like are not doing well.

Such thoughts can keep us from being able to fall asleep. Sometimes it feels like we can't control our own thoughts at all.

When this happens to you, it can help to tell these thoughts very clearly:
STOP! DO NOT CONTINUE!

If you often feel bad or have nightmares very often, you should talk to an adult about it.
It can help to talk about it!

At Project NEDA there are people who can talk to you about your problems so that you can get better. Your parents are welcome to call and make an appointment for you!