

Sleep & Trauma

Understanding and planning
for better sleeps



Sleep is Important

Sleep can impact our:

- Thinking (alertness, concentration, memory)
- Moods
- Behaviour (energy, balance, motivation)
- Body (exhaustion, susceptibility to illness)

Trauma can impact sleep by:

- Making it harder to fall asleep
- Causing nightmares or flashbacks
- Interrupting sleep
- Causing excessive sleep/numbing



Create a helpful environment

- Adjust how light or dark it is
- Adjust the noise level
- Adjust the room temperature
- Consider the colours in the room
- Consider the plants in the room
- Consider using/not using electronics in bed
- Adjust your bed for comfort
- Consider adding calming scents.

Create a wind-down routine

- Become aware of your stress level before bed
- Activate the parasympathetic system that helps you rest and digest before bedtime (deep breathing, massage, meditation)
- Engage in relaxing, stress reducing activities
- Be mindful of food/caffeine/alcohol consumption before bed



Sleep is a skill that takes practice!
Be kind and gentle with yourself
and keep trying different ways of
improving your sleep!