



Humble Health

Live well, feel alive and do good.

www.humble.info

13th of January 2020



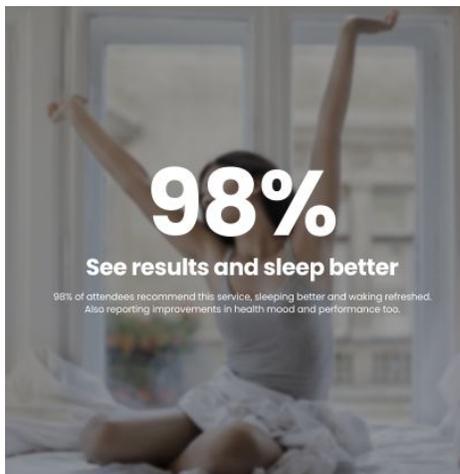
My name is Dr Bhatia and I work as a GP (medical doctor) and well-being consultant. I love my job because I help people bring out their best. I specialise in sleep in the NHS, Bristol University and in private clinics.

Sleep is really important for our health and well-being but challenged in our modern lives by stress, phones, shift work, caffeine and

more. Unfortunately now 2/3rds of adults and children are short sleeping by 2 hours a night, reducing their physical-mental health and performance. [[Ref Sleep is your superpower TED Talk](#)]



The good news is that with a little bit of help most people can improve their sleep. For several years I have been helping individuals, groups and organizations optimise their sleep by using evidence based behavioural design strategies with great results.



By combining video seminars, personalised support and online materials, my resources are highly adaptable and cost effective.

Most people see progress in just one session with great results in 4 weeks, boosting their health and productivity.

To see a video describing my approach [click this link](#).

Also feel free to try the tips on the next 2 pages to improve your sleep and [click this link for the video guide](#).

To find out more do get in touch <https://humble.info/sleep.php>

Best wishes Dr Bhatia (GP/medical doctor, trained in cognitive behavioural therapy for insomnia)

To find out more do get in touch. www.humble.info. We specialise in insomnia, surfing stress and more. This is not a substitute for medical guidance. If in doubt please consult with your doctor. © Dr Bhatia 2020

Improve your sleep in just 1 week

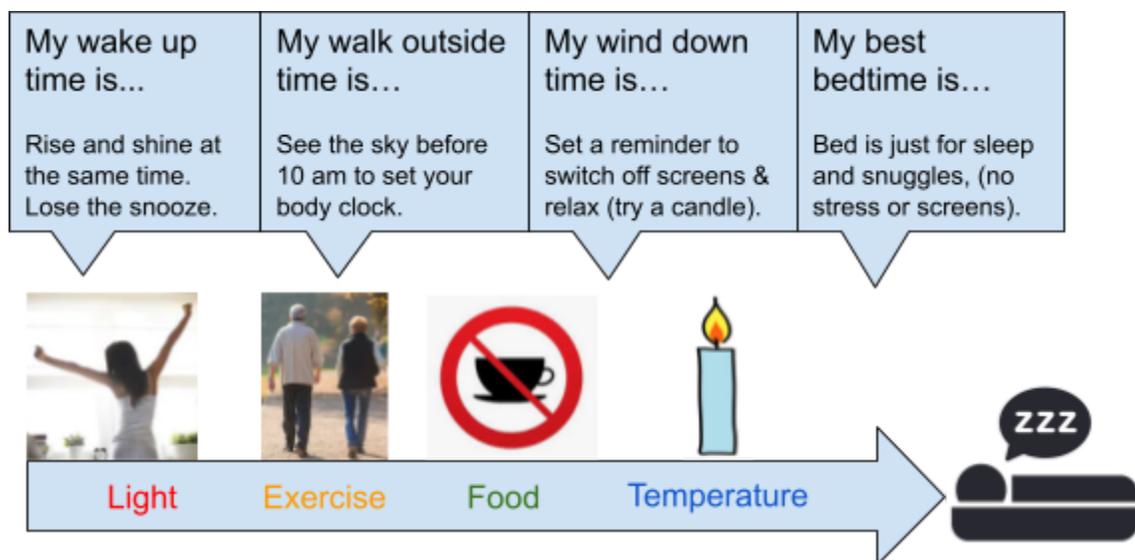
Video Link <https://youtu.be/Oe-ADWnKP2E>

Sleeping well is really important and simple too, when you get your **LEFT** right.

- Light:** See the sky at sunrise and sunset. Switch off screens 2 hours before bed.
- Energise:** Exercise/walk outside if you can. Even 30 seconds out of puff is plenty.
- Food:** Cut caffeine after noon. Last meal 3 hrs before bed, only drink water after.
- Temperature:** Cool your bedroom to 18°C and cool your mind with time to relax & unwind.

Start today.. When timed well these 4 factors help you sleep really well, so when's best for you?

- Choose your ideal times to rise and shine.** (please add your times)



- Make a plan that works for you & stick to it.** Stick this chart on the fridge as a reminder.

Sleep plan	Example	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Wake up	7am ✓							
Walk out	8am ✓							
Wind down	9pm ☐							
Bed time	10pm ☐							
Daily score	2/4							

- Keep your score out of 4.** Each morning tick your score for the day before.
- Just do your best.** Well done, most people see progress in 1 week and great results in 4.

The Humble Insomnia HELP sheet



Waking at night is natural but insomnia, (struggling to get to sleep or stay asleep), can feel really tough. Also the harder we try to sleep the harder it can seem to get. The good news is that most people can improve using CBT i (Cognitive behavioural therapy for insomnia). You can access this using apps like CBT i coach (for free) and personalised support at www.humble.info . We specialise in helping you sleep well, surf stress and more. Try these helpful tips:

1. Do what helps in the day by getting your **LEFT** right. (see more on page 2)

- Light:** See the sky at sunrise and sunset. Switch off screens 2 hours before bed.
- Energise:** Exercise/walk outside if you can. Even 30 seconds out of puff is plenty.
- Food:** Cut caffeine after noon. Last meal 3 hrs before bed, only drink water after.
- Temperature:** Cool your bedroom to 18°C and cool your mind with time to relax & unwind.

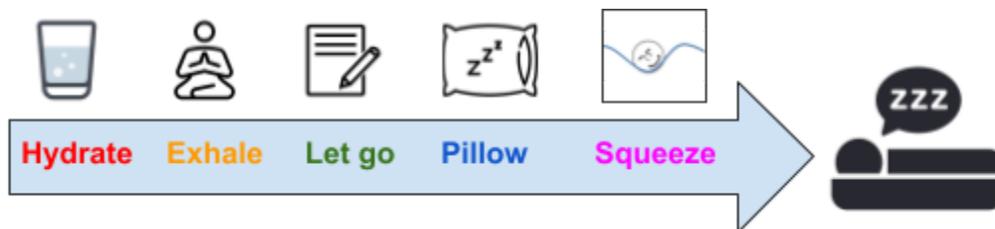
2. Be ready if you wake with a **red** torch by your bedside.

This sustains your melatonin (a natural sleep hormone) which otherwise is blocked by artificial lights and phones.



3. Do what **HELPS** at night.

If you are awake enough to worry then it's time to get out of bed and do what **HELPS**:



Hydrate: Empty your bladder and relax by sipping some cool water.

Exhale: Go somewhere quiet and listen to your breath sounds, extending the exhale

Let go: Stop trying for a while and do something soothing (music, reading, mediation). Or put your worries down in a notepad that you can look at again when ready.

Pillow: When you feel sleepy go back to bed and turn your pillow over for a fresh start.

Squeeze: As you inhale gently squeeze your face muscles and exhale to release saying “My day is done” “It’s time to sleep” “I can let go “ “Squeeze and release”

4. Get Help. If you are still struggling perhaps chat with your GP or get in touch with us, we’d be delighted to help.