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**Peer Group Chat**

**Date:** 01/06/23

**Title:** Sleepy-Time & Sweet Dreams: Getting a Good Sleep

**Description:** Sleep is important for our mental health and wellbeing. In this chat, we'll come together to share ideas, support each other and explore what makes a good night's sleep.

Amber22 (PSW)	<p>Hi everyone. First, we'd like to acknowledge the Traditional Custodians of the various lands we are all joining this event from. We pay deep respect to the Elders of those Countries, past and present, and we further extend that respect to any Aboriginal or Torres Strait Islander people joining this group tonight. Welcome everyone to today's Peer Group Chat talking about Sleepy-Time &amp; Sweet Dreams: Getting a Good Sleep.</p>
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Amber22 (PSW)	<p>Tonight, Peer Support Workers @amber22 and @TideisTurning will be facilitating a discussion around the topic of Sleepy-Time &amp; Sweet Dreams: Getting a Good Sleep.</p> <p>Whether you have lived experience of complex mental health issues, you care for someone who does, or both, it is important to optimise the sleep that we get and navigate our way around sleep disturbances as best we can.</p> <p>We'll be moving through a number of discussion questions tonight, and it's entirely up to you how much or how little you are comfortable with sharing. Some of the conversation may be heavy in nature as we talk about sleep disturbances or sleep struggles.</p> <p>@Basil, who moderates on the SANE Forums, is working behind the scenes to ensure our safety. If you're having any technical difficulties, please see our FAQ (<a href="https://www.sane.org/peer-support/peer-group-chat/chat-faqs">https://www.sane.org/peer-support/peer-group-chat/chat-faqs</a>) or message @Basil.</p> <p>We're looking forward to creating a space where we can reflect and learn more together about Sleepy-Time &amp; Sweet Dreams: Getting a Good Sleep.</p>
TideisTurning (PSW)	Hi @Shaz51 :)
Amber22 (PSW)	<p>Within this group tonight we'll be talking about:</p> <p>What a good night's sleep looks like for you and how this may fluctuate</p> <p>Coping tools for sleep disturbances or sleep struggles</p> <p>Optimising and promoting better sleep (strategies, techniques &amp; habits)</p>
Amber22 (PSW)	Hey @Shaz51 !
Shaz51	hello @TideisTurning (PSW) , @Amber22 (PSW) , @Basil (Moderator)
Amber22 (PSW)	Hello! @Captain24
Captain24	Hi @Amber22 (PSW)
TideisTurning (PSW)	Hi There @Captain24 :)

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Captain24	Heya @TideisTurning (PSW)
Amber22 (PSW)	<b>Welcome everyone! We will be starting the discussion shortly and will just allow a bit more time for people to log on and join. In the meantime, feel free to introduce yourselves. I'm @amber22</b>
Amber22 (PSW)	<b>Welcome! @Snowie</b>
TideisTurning (PSW)	<b>Hi @Snowie :)</b>
Shaz51	hello @Snowie , @Captain24
Captain24	Hi @Shaz51
Amber22 (PSW)	<b>Welcome! @scruffypuffball</b>
TideisTurning (PSW)	<b>Welcome @scruffypuffball! Great to have you with us :)</b>
Amber22 (PSW)	<b>Let's get started with our first question!</b>
Amber22 (PSW)	<b>Q1: What might a good sleep look like for you?</b>
Snowie	A good sleep for me is nightmare free, that is all.
Captain24	Being able to go to bed and fall asleep quickly and waking up refreshed ready to start the new day. Not waking during the night.
TideisTurning (PSW)	<b>I feel like for me, it's similar to a lot of you- when I manage to sleep and stay asleep, and when sleep disturbances are relatively minimal or minor in terms of effect.</b>
Snowie	I can get to sleep thanks to meds, but it is staying asleep that is the problem.
Shaz51	What might a good sleep look like for you? ----- not getting up 4 times a night and also supporting a love one who is wide awake during the early mornings and having a cuppa with them xx

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<b>Amber22 (PSW)</b>	<b>I often struggle with staying asleep too, a good nights sleep for me would look like sleeping through the night, or only waking up once</b>
Shaz51	I fall asleep very quickly at the beginning but then
Captain24	Also waking at a reasonable hour. Not 4-5 am
Shaz51	or my husband waking up at 1am, 2am or 3am @Captain24
Captain24	I do that if I'm hypomaniac @Shaz51 It's good for my house work! I've been known to vacuum at 3am!
<b>Amber22 (PSW)</b>	<b>Onto our next question!</b>
<b>Amber22 (PSW)</b>	<b>Q2: Does your quality of sleep fluctuate depending on what's happening in your life? How?</b>
Shaz51	yes my husband has fixed things in the middle of the night @Captain24 and I am a very light sleeper so I wake up or I have to go to the bathroom again
<b>Amber22 (PSW)</b>	<b>Welcome! @CloudBerry</b>
CloudBerry	hi sorry I'm late I could not for the damn life of me figure out how to get into this chat
<b>Amber22 (PSW)</b>	<b>Well we are glad you are here now! @CloudBerry</b>
<b>TideisTurning (PSW)</b>	<b>Hi There @CloudBerry! You're here now :)</b>
CloudBerry	I agree with most others for the first question by the way - a good sleep is undisturbed and nightmare free. I had a nightmare last night re: a traumatic event and it has stuffed my whole day up
Snowie	yes, I find when my depression and c-ptsd is bad that I struggle to sleep even though I am tired.
<b>Amber22 (PSW)</b>	<b>I'm sorry to hear that @CloudBerry , I hope you're okay</b>
CloudBerry	and also yes to question 2, sleep is majorly affected by everything else, like anxiety, anger, fear, etc

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CloudBerry	thank you, I'm like this close to losing it though not gonna lie
Captain24	If I'm really stressed, anxious or really distressed I struggle to fall asleep and have a really unsettled sleep. When I'm depressed I sleep a lot more but never feel refreshed. Just constantly tired.
<b>Amber22 (PSW)</b>	<b>Welcome!@7cough9</b>
Shaz51	Does your quality of sleep fluctuate depending on what's happening in your life? --- yes How? , stresseed, worried , overthinking
<b>TideisTurning (PSW)</b>	<b>Hi @7cough9! Glad you could be here :)</b>
The Hams	hi
<b>Amber22 (PSW)</b>	<b>Hey! @The Hams</b>
<b>TideisTurning (PSW)</b>	<b>@CloudBerry. That's tough. Nightmare flashes can absolutely suck and be harder to shake than other less reality reminiscent ones</b>
<b>TideisTurning (PSW)</b>	<b>Hi There @The Hams</b>
7cough9	Q2y worst experience of sleep deprivation was when trapped on a share house lease with a sociopath type and facing debt and homelessness. I only got a few hours sleep a night while my brain raced. lost about 15kg. My best nights sleep are in cooler weather, and when I am exercising intensively.
The Hams	Q1 - usually a good sleep for me consists of having a long period where I don't wake up and be conscious. If I dream then that's always a good sign that I'm sleeping well. Usually I have to get up to pee lol Q2 - yes it fluctuates depending what is happening
<b>TideisTurning (PSW)</b>	<b>That's interesting you sleep best in cooler conditions @7cough9. I'm someone who seems to need warmth. Cool and coldness seems wakes me up!</b>
CloudBerry	haha, I'm the same Hams, I normally get woken up at like 3 or 4 by my bladder
CloudBerry	or my cat lmao

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<b>Amber22 (PSW)</b>	<b>Q3: What might be a comfort or supportive coping tool for sleep disturbances or struggles getting to sleep?</b>
Shaz51	need another blanket @TideisTurning (PSW) :lf6Od:
CloudBerry	I watch cartoons
Captain24	My dog wakes me too. She needs a stronger bladder
CloudBerry	most of the time its the Simpsons
<b>Amber22 (PSW)</b>	<b>My dog wakes me up when she's cold and wants a cuddle</b>
CloudBerry	I put on my emotional support Simpsons episodes
CloudBerry	that or I chat to my partner who is probably also awake, they struggle with insomnia too
<b>TideisTurning (PSW)</b>	<b>One of the best tools I've found for supporting sleep for myself is something soft to listen to. it could be an audiobook, music or lullabies for example. Apart from that, warmth, a lavender scented hand lotion I like, and sometimes, something to hold onto like a pillow. In cases that involve something like a nightmare for example, I may also need a light on (i.e. in the next room over) for a quick reminder of where I am if I wake up again in the night.</b>
Shaz51	awwww @Amber22 (PSW) furbabies xxx
Shaz51	that or I chat to my partner who is probably also awake, they struggle with insomnia too ---- me too @CloudBerry
CloudBerry	yeah I agree, I need something to listen to so I'm not alone with my thoughts
Snowie	I use medications to get to sleep. That helps a lot. It is when I wake up from nightmares that I struggle to get back to sleep. I normally end up reading as a coping tool and cuddling a teddy or my pillow. I also use a weighted blanket at night to help me feel more secure.
Captain24	I listen to thunderstorms and have my aircon set so my room stays the same temp all night.
<b>Amber22 (PSW)</b>	<b>A weighted blanket is great, I have one too @Snowie</b>
Snowie	@Amber22 (PSW) it helps me feel safer, the feeling of weight.
Shaz51	storms are lovely to listen too @Captain24 xx
CloudBerry	rainymood.com

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The Hams	not having screens on 1 hrs before sleep, drinking hot milk, reading a book (or on a kindle) chilling out, diary entries
7cough9	Naps can make up for missed nighttime sleep, but you need to time them carefully. Yoga classes often include a final deep relaxation stage called Yoga Nidra or shivasana which is wonderfully refreshing.
The Hams	usually I write diary entries
Captain24	They are @Shaz51 I have a soundtrack and find it comforting.
<b>Amber22 (PSW)</b>	<b>Love a yoga class :) @7cough9</b>
<b>TideisTurning (PSW)</b>	<b>You might like the song 'Storms' by Darren Middleton @Shaz51 @Captain24. It features storm and rain sounds at the start and then in the background. It's a nice, soft and gentle one too</b>
The Hams	looks cool - thanks Cloudberry rainymood.com
Captain24	I might have to check it out @TideisTurning (PSW)
Snowie	noise is a trigger for me. Funny how different people respond to different things.
7cough9	My slowdown soundtrack to ease me into sleep can be audiobooks or piano covers of pop music e.g. Christopher oReily plays Radiohead.
<b>Amber22 (PSW)</b>	<b>I always have my fan on as a bit of white noise to keep me comfortable (no matter how cold it is!)</b>
CloudBerry	lo-fi versions of grunge/pop punk songs are great for me too
CloudBerry	and the fan
The Hams	sometimes film noire type music helps me too - bohren and der club of gore is a good band
CloudBerry	fan = cold = more blankets!
The Hams	<a href="https://www.youtube.com/watch?v=vJwWDO3lrMI">https://www.youtube.com/watch?v=vJwWDO3lrMI</a>
Shaz51	yes my husband can not sleep with no fan @Amber22 (PSW)
<b>Amber22 (PSW)</b>	<b>Q4: What might be useful to include in a pre-sleep routine? I.e. what might help you wind down for sleep?</b>

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7cough9	I developed some mental technique from ideas collected from multiple sources. Some are in blog posts on this Quora question thread <a href="https://www.quora.com/How-can-I-fall-asleep-fast-at-night-1">https://www.quora.com/How-can-I-fall-asleep-fast-at-night-1</a>
Shaz51	also I have to sleep with my hearing aid on as a bit of white noise to keep me comfortable @Amber22 (PSW)
<b>Amber22 (PSW)</b>	<b>That's great! @7cough9 Thanks for sharing that with us</b>
The Hams	I used to have place earbuds into my ears as my dad would snore loudly on the other side of the wall - same with my mum and sister these days I don't need that as I'm in my own room in a new place its actually pretty quiet here which is nice I need it to be dark as well - basically no light
Captain24	A warm drink and a hot shower helps but I find it difficult to find the energy and motivation. Especially when I'm low.
<b>TideisTurning (PSW)</b>	<b>Oh yes @Captain24- I like those ideas!</b>
Snowie	Before I go to sleep I normally write in my journal and then read for a while. Lately however, I have found it hard to unwind. I get scared to go to sleep because I am afraid of having a nightmare.
<b>TideisTurning (PSW)</b>	<b>For me, some of the biggest things that help me wind down for sleep are what's called a warm light, very similar to the kinds of heat lamps lizards or reptiles have in zoos; a warm shower and reading time.</b>
CloudBerry	me too snowy
CloudBerry	snowie* sorry autocorrect
Shaz51	I get my husband to write down a list of things to do tomorrow instead of overthinking all night @Amber22 (PSW)
<b>Amber22 (PSW)</b>	<b>That is such a great idea @Shaz51 , I hope it helps him</b>
<b>TideisTurning (PSW)</b>	<b>Ooh. I like that too @Shaz51!</b>
The Hams	same @Shaz51
CloudBerry	I know that screens shouldn't be used before bed but I cant really seem to follow that rule
The Hams	its a hard rule to follow tbh @CloudBerry



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Captain24	Me either @CloudBerry
<b>Amber22 (PSW)</b>	<b>I struggle with screens too, sometimes I find they help me to sleep if I am watching something though @CloudBerry</b>
Shaz51	Most nights @Amber22 (PSW) , @TideisTurning (PSW) , @The Hams
<b>TideisTurning (PSW)</b>	<b>I've heard that 'rule' too @CloudBerry, though I've also heard it's not something that necessarily works for everyone. For some, screen time helps :)</b>
CloudBerry	oh good, that makes me feel a bit better about it then haha
<b>TideisTurning (PSW)</b>	<b>Neurodivergent folks are one example I know of, for whom screentime pre-sleep can help @CloudBerry</b>
Shaz51	screen time helps us @CloudBerry , @TideisTurning (PSW)
Snowie	I normally have the tv on too on mute. I can't sleep in pitch black. That scares me.
The Hams	last night I had a lot on my mind so I cracked out my laptop and used it to write down some stuff - much easier than trying to journal through handwriting because that can take a while
<b>Amber22 (PSW)</b>	<b>This leads us perfectly onto our next question!</b>
<b>Amber22 (PSW)</b>	<b>Q5: How might technology help and/or hinder your sleep?</b>
Shaz51	yes me too @Snowie
<b>TideisTurning (PSW)</b>	<b>That seems fair @Snowie &lt;3</b>
Shaz51	ha ha my bladder @Amber22 (PSW) hinders my sleep
CloudBerry	technology can hinder my sleep if I end up going down a rabbit hole about something on my phone
<b>TideisTurning (PSW)</b>	<b>Another tricky one! Technology can provide the platform for me to access an app or play the music that helps me drift off to sleep. But, technology can also be a bit of a hindrance at times, being sucked into a web surfing rabbit hole too close to bedtime for example.</b>

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CloudBerry	ending up with like 7 tabs open
Snowie	It doesn't really help/hinder my sleep. I always have the tv on, mainly for the light. I don't normally use my phone in bed.
7cough9	Having a fan and a heater are simple technology, but essential for me some months each year. Similarly, my memory foam mattress topper and pillow – they are what I would grab if my house was on fire.
Gillie1	Apologies for being late
<b>Amber22 (PSW)</b>	<b>Welcome! @Gillie1</b>
<b>TideisTurning (PSW)</b>	<b>Welcome @Gillie1. We're just discussing how technology may be a help and/or hinderance with sleep :)</b>
Captain24	I find it hinders me when I'm in nightshift and trying to sleep during the day. I put it on 'do not disturb' but I find myself waking to check if I've missed calls, messages or emails.
<b>Amber22 (PSW)</b>	<b>I think that there is a setting to allow some people to contact you if you are on do not disturb, maybe that could be helpful? @Captain24</b>
Gillie1	TV shows are not good but relaxation videos and audiobooks help. I think it's how and when you use tech
Shaz51	having the fan on or the aircon on helps my husband to sleep longer but sometimes it hinder me to sleep in-between comfortable @Amber22 (PSW)
7cough9	mobile devices and TVs in my bedroom make it too easy to keep scrolling when I should be going lights out – but at least I am relaxing in bed instead of hunched over my pc keyboard.
<b>TideisTurning (PSW)</b>	<b>That does sound like a bit of a challenge @Captain24. I wonder if putting devices on airplane mode might help? That's something I've stumbled onto recently, and it means notifications don't necessarily wake me, and will come through when I turn the flight mode off :)</b>
Captain24	I have my immediate family set @Amber22 (PSW) but I'm always wondering if someone else has tried to call. I struggle the most if I'm waiting on an email from my CM

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Gillie1	@Amber22 (PSW) That do not disturb thing is a good idea.
The Hams	as weird as it sounds
The Hams	I usually turn off my phone reception at night if its near my head - aircraft mode
7cough9	I leave the landline off the hook by default since the only ones who call into it are scammers, and usually when I am trying to get to sleep or to sleep through a quiet morning.
<b>Amber22 (PSW)</b>	<b>That's not weird at all! It's a great idea @The Hams</b>
Shaz51	I have the mobile phone on mute @Amber22 (PSW)
<b>Amber22 (PSW)</b>	<b>Q6: What might your optimal sleep environment look like?</b>
Snowie	Q6. Feeling safe and secure
Captain24	A dark room (which is hard when sleeping during the day) a comfortable temperature and my doona to snuggle into.
Gillie1	weighted blanket minimum of 4 pillows and puppy. Some light, music or audiobook playing. My Nest.
Captain24	Oh and the thunderstorm playing
<b>TideisTurning (PSW)</b>	<b>Yes @Gillie1. Love that your puppy is included in that list!</b>
Snowie	dark room but not pitch black, my weighted blanket, a teddy, my dog and some comfy pj's.
<b>TideisTurning (PSW)</b>	<b>Also the 'my nest' thing &lt;3</b>
Gillie1	She is getting bigger but we still make it work.
Captain24	I've found that I sleep better now I let Pix sleep on my bed.
Gillie1	So Soothing
Shaz51	feeling safe and secure, comfortable, warm , miss my furbabies though @Amber22 (PSW)

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CloudBerry	I need to have my partner asleep next to me or just nearby me in some way so I feel safe
CloudBerry	and sometimes with the cat... she can be a bit annoying some nights
7cough9	Blackout curtains or blinds+venetians across windows and doorway. Different size and shaped pillow to use to stack my torso, legs and arms in comfy positions.. bedding in multiple layers, no tucking in at the foot, so I can adjust weight/warmth as needed.
Shaz51	me too @CloudBerry
CloudBerry	and many pillows too like 7cough9
Snowie	@CloudBerry I feel safer when my hubby is next to me
Shaz51	I feel safer when my hubby is next to me-- me too @Snowie
CloudBerry	yeah its like okay good they're there, so I'm not gonna get hurt in any way I can know that for sure
The Hams	Q6 - quiet, warm in winter or cold in summer, dark and I've just been to the bathroom to pee lol
Silverlining	topic about sleep...
TideisTurning (PSW)	<b>My optimal sleep environment is relatively dark, quiet and warm. I also find it comforting to have certain things close by, like my dog, whose bed is in the corner of my bedroom. If I'm struggling a bit, I may also need a light on (i.e. in the next room over) for a quick reminder of where I am if I wake up again in the night.</b>
Amber22 (PSW)	<b>Hey! @Silverlining Yes all about sleep this week :)</b>
TideisTurning (PSW)	<b>Hi There @Silverlining. We're just talking about what an optimal sleep environment might look like :)</b>
CloudBerry	it's kind of funny/cool how a little bit of warm, yellow light can make you feel less alone. even though you're not any less alone, it just feels.... better
CloudBerry	more weird mammal brain stuff

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Silverlining	I have my dog in my bedroom but I know I shouldn't :( she's just so adorable even though not fully trained as therapy
Silverlining	for optimal, I may have to leave her outside :(
<b>Amber22 (PSW)</b>	<b>Onto our last question of the night!</b>
<b>Amber22 (PSW)</b>	<b>Q7: What do you do to promote better sleep? Do you have any particular habits, strategies, or techniques that help?</b>
<b>TideisTurning (PSW)</b>	<b>When you say you know you shouldn't, @Silverlining, may I ask what you mean? Why shouldn't she be there with you?</b>
Silverlining	just like if you have a wife, leave her outside? haha
Silverlining	I don't know haha
Silverlining	a little serious though
Gillie1	Get rid of Shouldn't @Silverlining if it works with your dog it is right.
Silverlining	hmm...yeah I can use rough words
The Hams	if I'm sleeping next to my partner it is also nice
Silverlining	what if the partner is snoring?
The Hams	I always try to do exercise in the morning - never before sleep I always take my med before I sleep - usually while I am writing
CloudBerry	I'm so thankful my partner doesn't snore haha
Captain24	I have a sleep hygiene process I'm suppose to follow. It does help but I'm not always capable of following it at the times I really need to.
The Hams	haha she does snore but so do I apparently
The Hams	I woke myself up the other day snoring
Snowie	I don't think I have any strategies/techniques. I probably rely too much on my meds.
CloudBerry	it normally helps me to brush my teeth and "get ready" for bed sort of thing, in a really elementary, basic way

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Silverlining	I am absolutely with you @Captain24! I run in the morning, works great but I struggle to follow through because of my ADHD
Gillie1	I have a routine for when I'm going alright and a routine for when I'm not. and meds for when nothing else works but they are only for emergencies.
<b>TideisTurning (PSW)</b>	<b>Ah that's tricky @Captain24. When we need our coping tools the most is when they might be hardest to execute or do</b>
Silverlining	I think to reframe the question is how to stay in the routine?
<b>TideisTurning (PSW)</b>	<b>Ooh. I like that @Gillie1. Different routines for different moods</b>
CloudBerry	yeah, any routine at all is hard for me to stay in because unfortunately my depression presents the idea: "what's the point" and damn it all to hell, I give in most times
Captain24	Same @CloudBerry
Silverlining	same too
Shaz51	Q7 ---- @Amber22 (PSW) , @TideisTurning (PSW) , it all depends on what kind of day we both have had, what pressures has helped or has not helped both of us , the amount of what my husband has done throughout the day , routine is soo different every day and with me it depends of what I have eaten or the amount of things I have done throughout the day will show what and how much sleep I will have xx
CloudBerry	me: I should probably work out. depression: nah who cares there's no point. me: shit you right
Silverlining	but my psychiatrist keeps mentioning to stay with routine
Silverlining	emphasise the importance of
Gillie1	I can't do the normal routine when in trauma mode so I have backup strategies that work to help me settle to where I can do normal stuff. That's still routine. Just more complex.
Silverlining	also says same time
Snowie	My psych talks to me about having a routine for sleep. I struggle to do that as lately the thought of sleep raises my anxiety levels. I know I have to sleep but I don't like it.

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Silverlining	do you guys have a timer with you since you say bad with routines?
Silverlining	I just learnt this thing called time-blindness
7cough9	Besides exercise and some more advanced mental techniques, the major tool for me is just telling myself to let go of today and trust I can take up tasks tomorrow, instead of pulling all my efforts back to this night.
Captain24	No tell me more @Silverlining
CloudBerry	oh my god Snowie..... thank you for sharing that. I thought it was really weird of me to be anxious about sleeping. it didn't really make sense to me. but now it's nice to know I'm not the only one
TideisTurning (PSW)	<b>That's tricky @Snowie. That's where I really like engaging with stories, whether that be reading one or an audiobook I can listen to, close my eyes &amp; picture what's happening. Runt by Craig Silvey is a recent find of mine- very light, wholesome &amp; lovely &lt;3</b>
TideisTurning (PSW)	<b>Definitely not just you @Cloudberry. I've been there</b>
CloudBerry	there's been so many nights where I've been up late and my partners like 'you should try to get some sleep' and I'm like 'mm yeah... I'm scared though'
Amber22 (PSW)	<b>Q8 : Have you learned anything helpful from others' experiences here tonight that you might be able to apply in your own life? If yes, what did you learn?</b>
Gillie1	I get like that a lot too, @Snowie @CloudBerry
CloudBerry	I have learned that I'm not alone hehe
Amber22 (PSW)	<b>Love that! You're never alone :) @CloudBerry</b>
The Hams	yeah I learned that many others are striving for better sleep too
Captain24	I've learnt that I'm not the only one that struggles with routine during hard times. When it's needed the most.
Shaz51	I have learnt that it is soo nice and helpful to talk about things like tonight , thank you @Amber22 (PSW) , @TideisTurning (PSW)
Gillie1	Yeah a lot of similar experiences.

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Snowie	I also learnt I'm not the only one who has anxiety around sleeping
<b>Amber22 (PSW)</b>	<b>Q9: Tonight's topic may have brought up some heavy feelings as we talked about sleep disturbances or sleep struggles. Would some self-care be helpful for you after we finish? If so, what might you do?</b>
The Hams	read some history I think
The Hams	good night all ! See you on the forum
Silverlining	I need self-care
<b>Amber22 (PSW)</b>	<b>Here are some further resources we recommend having a look at:</b> <b>1 Bluey Sleep Episode: <a href="https://iview.abc.net.au/video/CH1903QO26S00">https://iview.abc.net.au/video/CH1903QO26S00</a></b> <b>2 How to Sleep Better: <a href="https://www.sleepfoundation.org/sleep-hygiene/healthy-sleep-tips">https://www.sleepfoundation.org/sleep-hygiene/healthy-sleep-tips</a></b> <b>3 An app designed to support stress related struggles with sleep: <a href="https://sleepstoreapp.com/">https://sleepstoreapp.com/</a></b>
Shaz51	good night my forum son @The Hams
Captain24	Maybe I should follow my routine. It might just be what I need after a difficult day.
Snowie	I'm going to write in my journal and read for a while.
CloudBerry	I was in a pretty angry mood when I first joined this chat, but mid-way through I balled my eyes out to my partner and now I've levelled out and am eager to make some dinner. so I'm gonna do that
Shaz51	another coffee @Amber22 (PSW)
<b>TideisTurning (PSW)</b>	<b>I think I'll follow your lead with the reading @Snowie :)</b>
<b>Amber22 (PSW)</b>	<b>Enjoy!! @Shaz51</b>
Silverlining	USA military developed a sleeping method that knocks them off
Gillie1	Ice-cream and tv for me. thankyou just to share Cookie is dreaming right now and making these hilarious sleep barking noises.
Silverlining	they use it for the Seal Army



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We're people like you.

Silverlining	cause it's intense there so there's a breathing technique
Gillie1	Goodnight all.
Amber22 (PSW)	<p>Thank you for joining, and we hope you enjoyed the discussion. You are more than welcome to continue the discussion over on the SANE Forums if you would like <a href="https://saneforums.org/t5/Social-Spaces/Peer-Group-Chat-Sleepy-Time-amp-Sweet-Dreams-Getting-a-Good/m-p/1299777#M334262">https://saneforums.org/t5/Social-Spaces/Peer-Group-Chat-Sleepy-Time-amp-Sweet-Dreams-Getting-a-Good/m-p/1299777#M334262</a></p> <p>Keep an eye out for the next Peer Group Chat discussion about 'Let's Get Creative!' If you'd like to be informed about future Peer Group Chats, you can sign up to our mailing list here <a href="https://www.sane.org/peer-support/peer-group-chat">https://www.sane.org/peer-support/peer-group-chat</a>. You can also ask questions for us to discuss in future peer chats!</p>
Silverlining	thank you!
CloudBerry	thanks for allowing me into this space with you all tonight. sweet dreams, if you can! :P goodnight all.
TideisTurning (PSW)	@Shaz51 & @Captain24, your fondness for storms also reminded me of the Bluey episode Rain which might be a nice calming sleep aid <a href="https://iview.abc.net.au/show/bluey/series/3/video/CH2003Q026S00">https://iview.abc.net.au/show/bluey/series/3/video/CH2003Q026S00</a>
Amber22 (PSW)	Thank you for joining everyone! Have a lovely night :)
TideisTurning (PSW)	Take care all & wishing you a good sleep!