

Sleep Hygiene

 60 minutes

Objective

- *The purpose of this tool is to introduce sleep hygiene as a form of physical rest, showing youth how calming sounds can regulate breathing, slow down heart rate, and reduce mental chatter, all of which are essential for transitioning into a deep and restful sleep.*

Materials needed

- Yoga mat, cushion, or chair for comfort
- Soft lighting (candles, dim lights)
- Music source (speakers, headphones, or phone)
- Pre-recorded meditation or relaxation music
- Singing bowls or chimes (optional)



Tool Description

This tool provides a simple guide for participants to have an accessible and effective method for reducing mental and physical tension, fostering emotional calmness, and enhancing sleep quality. By integrating relaxing music and sound therapy into daily routines before sleeping, participants can better manage stress, regulate emotions, and cultivate healthier sleeping habits. This tool also encourages mindfulness by helping participants become more aware of how sound influences their physical states, ultimately promoting a balanced and restful lifestyle.

Instructions

1. INTRODUCTION (20 minutes)

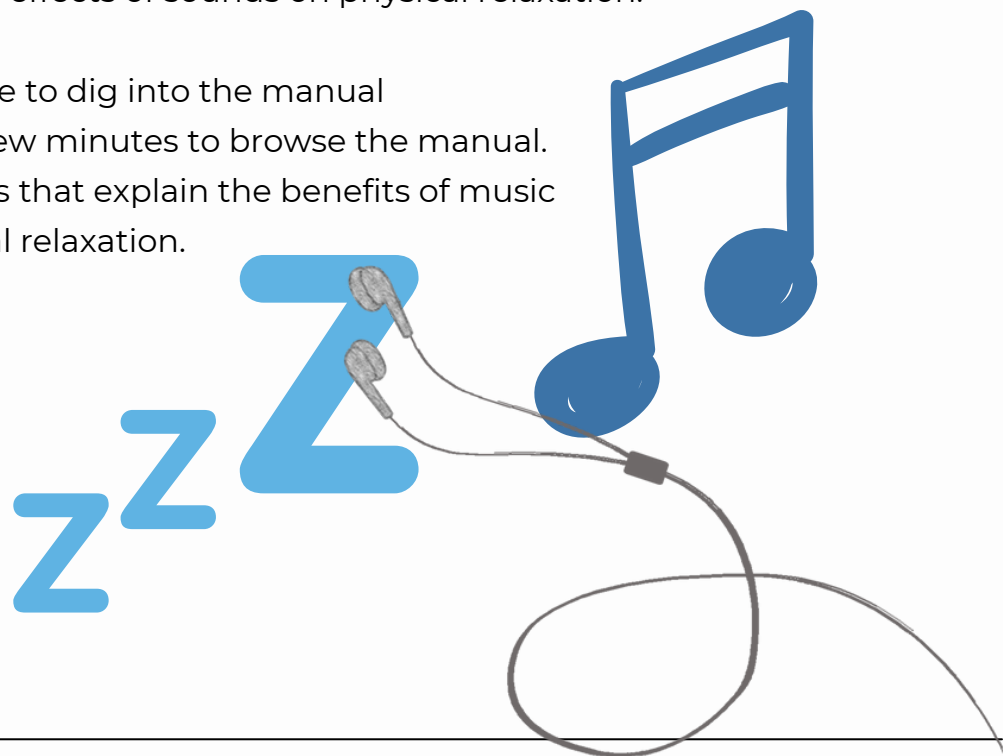
- Introduce the manual
- Allow participants time to familiarise themselves with the manual and its content
- Focus on the chapter **Physical Rest**
- Introduce the importance of **having a good sleep hygiene** as a practice and let participants know this will be the main focus of this module.

1.1 Introduce the effects of music and sound as a therapy

- Describe the sections which focuses on using music and sound therapy to calm the mind, reduce stress, and promote relaxation before sleeping.
- Highlight the positive effects of sounds on physical relaxation.

1.2 Allow participants time to dig into the manual

- Allow participants a few minutes to browse the manual.
- Highlight key sections that explain the benefits of music and sound for physical relaxation.



Instructions

1.3 Focus on the first chapter “Physical Rest” (Page 3)

- Emphasize the importance of physical rest in maintaining energy, reducing stress, and supporting overall health.
- Explain how music&sound therapy is an effective method to achieve physical rest for having a quality sleep hygiene.

1.4 Introduce the importance of music and sound therapy

- Music: Low-tempo, soft tones can help regulate heart rate and breathing, reducing stress.
- Sound Therapy: Natural sounds (e.g., rain, ocean waves, birdsong) and white noise positively impact sleep and physical focus.



Instructions

2 - Guided Exercise (Step-by-Step)

Step 1: Prepare your space

- Find a quiet space where you feel comfortable sitting or lying down.
- Use headphones to ensure clear and high-quality sound if available
- Dim the lights and create a calming atmosphere with candles or soft lighting if available.

Step 2: Center yourself with breathing

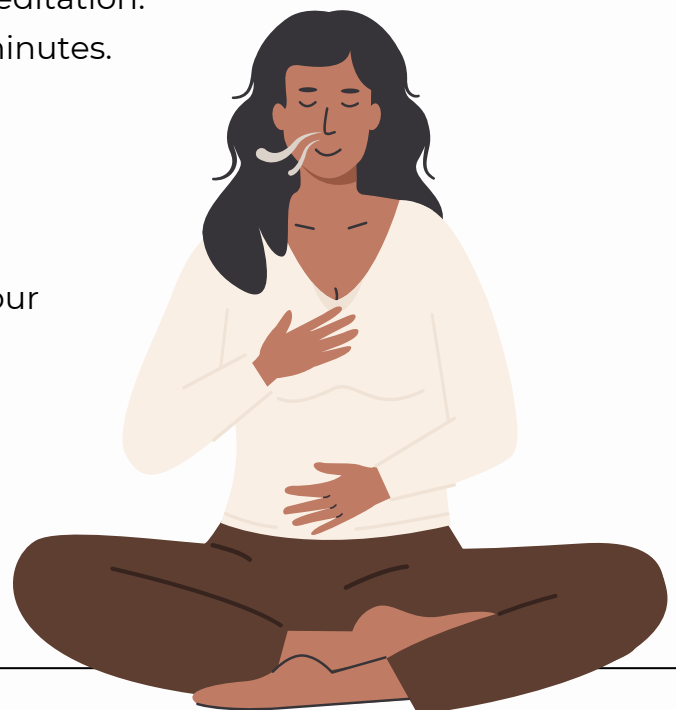
- Sit or lie down with a straight back and relaxed shoulders.
- Inhale deeply through the nose, exhale slowly through the mouth.
- Repeat 3–5 times, focusing on relaxation and grounding.

Step 3: Sound bath with instruments or recorded music

- Play soft instrumental music, singing bowls, or nature sounds.
- Alternatively, listen to a guided sound meditation.
- Immerse yourself in the sound for 5–10 minutes.

Step 4: Focus while listening

- Start with Deep Breaths: Take 3-5 deep breaths to calm your mind.
- Focus on each note and tone, clearing your mind of distracting thoughts.



Instructions

Step 5: Gentle humming

- Inhale deeply and exhale while making a low humming sound.
- Feel the vibrations in your chest, throat, and face.
- Repeat 5–7 times, focusing on the soothing effects.

Step 6: Vocal toning

- Choose a vowel sound (e.g., "OM," "AH," "EEE") and chant it softly.
- Focus on vibrations in different body areas.
- Experiment with different tones for relaxation.
- Repeat for 3–5 minutes.

Step 7: Sound awareness exercise

- Focus on ambient sounds.
- Identify at least five different sounds.
- Shift attention from external sounds to internal sensations, quieting the mind.

Step 8: Silent reflection and integration

- Sit quietly, allowing sounds to settle.
- Notice shifts in breathing, muscle tension, or clarity.
- Open your eyes when ready.



Instructions

3 - Reflection and closure

3.1 Reflection

- Deep Breathing: Invite participants to sit comfortably in a circle and take deep breaths to relax and bring to the moment.
- Guided Reflection: Ask participants to notice any physical and emotional changes.
- Group Sharing: Invite participants to share their experiences. If they feel comfortable, allow them to talk about their experiences in positive and negative sides.

3.2 Discussion of the information covered

- Review key points about physical rest and sound therapy benefits how it helps to have a good sleep hygiene 30 mins before sleeping.
- Discuss how to integrate these practices into sleeping routines.
- Reinforce how sound therapy aids relaxation, reduces tension, and enhances clarity.

3.3 Closure

- Motivate participants to incorporate sound and music therapy into their sleeping routines.
- Encourage them to periodically reflect on how these practices impact their well-being.
- Express appreciation for their participation and remind them to revisit the manual for continued guidance.

Reflection questions

- How does your mind feel after listening to the relaxing music and sound therapy? Do you feel more peaceful or less stressed?
- How does your body feel now compared to before the session?

The best bridge between despair and hope is a good night's sleep.

- Were there any sounds or music that felt particularly soothing or effective?
- Can you identify any areas of your body where you felt most comfortable?
- How do you plan to incorporate sound and music therapy into your sleeping routine? What would you change if you'd personalize that activity?



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Annex

Select a few affirmations to repeat during your exercise:

- As I listen to calming sounds, my body and mind gently prepare for restful sleep.
- Each musical note guides me into a deeper state of relaxation.
- My breath and heartbeat align with the soothing rhythm around me.
- I release the day's tension with every gentle sound I hear.
- As I immerse myself in these peaceful tones, I allow my body to unwind.
- I am creating a calm and restful space within me.
- With each soft melody, my body becomes lighter, and my mind becomes quieter.
- I welcome deep, rejuvenating rest, supported by the healing power of sound.
- My thoughts slow down as I surrender to relaxation.
- I trust the sounds to guide me into a night of deep, peaceful sleep.



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