



DIALOGUES



A NEWSLETTER FROM CONVERSATIONS-
CENTRE FOR POSITIVE MENTAL HEALTH AND WELLBEING

OCTOBER 2024 • ISSUE 2 • VOLUME 4

CELEBRATING MENTAL HEALTH AND WELLBEING

MENTAL HEALTH MELA 2024



This year we organised the Mental Health Mela on 25th October 2024. It was the first time our team has conducted a fest like this and it would not have been a success without the many students, volunteers, clubs and members we collaborated with to pull it all off! Together, we were able to celebrate mental health and wellbeing on campus, helping us remember that, while mental health is a serious and important topic, it can also be explored in fun, engaging, and creative ways that bring joy and connection.

Members of our community, including students, members and the Conversations team have put together this issue sharing the highlights of the various events as part of the Mental Health Mela.

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CONTRIBUTIONS FROM STUDENTS & MEMBERS OF AZIM PREMJI FOUNDATION

A DAY OUT AT THE MELA

by Surya Teja Bharadwaj

The Melas that happen at the university are technically a treat to everyone, not just for the university members/students to demonstrate their talents and making money out of it by selling it, but also for the outside vendors who would come here and find an opportunity to let others know about what they do and also about the products that they sell. This is something, that I have generally went on to observe mostly during the Unmukt, Social Enterprise Cell (SEC) and in some cases, even during the Freshers parties. But the most important and my favorite part of the melas and the setting up of stalls is mainly that of the chaos and the mails that would often occur 10-15 days before the event starts. It is indeed irritating, but at the same time it is also felt as the essence of the events that take place during the university.

In this blog, I will be describing about the stalls and experiencing myself as a volunteer in helping up to set the stalls and also how it has been for me during this Mental Health Mela, that has taken place on the 25th October, which was anchored by the Conversations Team and how I have felt it as a volunteer in helping up to set up the stalls and also as

a normal person who came to enjoy the stall.

It all started on September 26th, when we have received a mail about the calling of the volunteers and we have later got another mail on 29th where it was mentioned that there are going to be further updates. I was wondering myself that what shall I do and shall I keep a stall again during the event or just come as a normal guy and just buy some random stuff. But it all started to turn around for me after I have discovered that Deepa is working along with them in this Mela and I was also asked by her whether I am keeping a stall this time and I have mentioned to her that, I am not planning to keep a stall this time, as I barely had enough time to get the photographic printouts and also there are insufficient number of pictures with me. I have also felt that and later mentioned it to Deepa that, We cannot be dominating and domineering all the time and let us give a chance for the newcomers and also to encourage them in someway or the other.

It was indeed saddening that I could not showcase my talents to a lot of people, but at the same time we also have to understand that we also have to encourage others who want to showcase themselves to the world about the



SETTING UP OF A PLANTS STALL OUTSIDE THE SEMINAR HALL 1. THESE PLANTS ARE PLANTED BY PEOPLE WITH DISABILITIES

talents that he/she has. I was later appreciated by Deepa for this thought. In this manner, I have started to help my Junior, Vinay Joseph, who is very skilled in the field of Calligraphy, Cartoon Making and knows over 22 Languages.

On the day of the event, I have come to the Seminar Hall(SH) 1 after having my breakfast and I have strolled around and ran into Deepa at the same time. Within no time she has made me to get to work and without even any hesitation, I have started to dig in and help her in carrying the stuff of the outside members and was also immersed myself in talking with the members who have come there to set up their stalls along with the disability volunteers who are mostly my fellow super juniors.

I have later helped in the setting up of another stall that was set up by the

Linguaphile Skills Hub along with the support of Chef Priyank, where they were selling cakes and cookies and these are made by students with Neurodiversity and this has shot me back to those days back at my brother Charan's School where the children over there used to make handicrafts, paint the diyas and also create paper bags from newspapers. These products were often sold during the Diwali Mela, that was organized by the school management a week before Diwali. This has made me go down the memory lane and It was also happy to talk to the kids and in the end they have given me a chocolate cookie. I have also felt that we can take up an initiative and also organize these workshops so that, these can be playing a very vital in motivating the students and university to encourage more such concepts like this.



THE COOKIES AND THE CAKE THAT WERE SOLD BY THE CHILDREN



THE ORGANIZATION'S BANNER ABOUT THEIR STALL

But the most interesting aspect of this stall is mainly that of teaching the other members how to bake the cakes and they have literally brought an oven to teach how to bake cakes and cookies. Seeing these things often warms my heart. After Sometime, I had to go out to the Supermarket to purchase the Fruit Juice Cartons, Cool Drink Bottles and Large Size Paper Cups. I have found the task more easy when the Auto Anna has helped me with the stuff . After reaching the campus, I have got into the business of capturing photographs and also to help up with the other work around.



IMAGES CAPTURED BY ME AT CONVERSATIONS CENTRE STALL

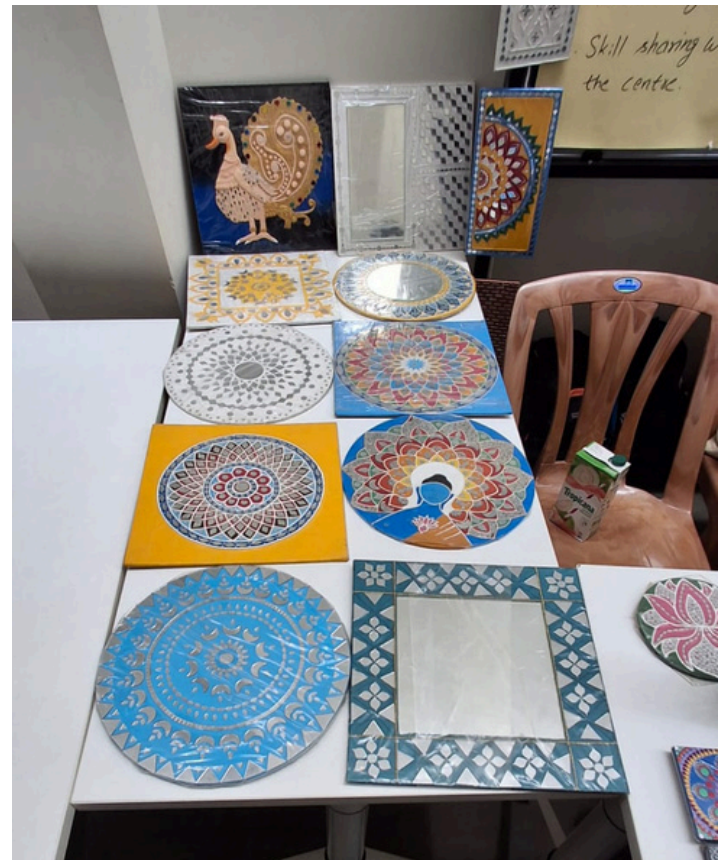
To my surprise, I have also seen boards that are on display about mental health and also zine counters where the magazines were on display.

I have also made my way to the Indian Sign Language (ISL) stall, where I have met Parmeet, who himself is a deaf person and also a native user of the sign language is a student from Kristu Jayanti College and also a member of the Smiley's team. I have also interacted with him in sign language telling our names out and also about various terms.

HANDICRAFT WORKS THAT ARE MADE BY STUDENTS WITH AUTISM. REMINDING ME OF THOSE DAYS AT MY BROTHER'S SCHOOL.



PARMEET ALONG WITH THE STUDENT VOLUNTEERS





A PICTURE OF ONE OF THE STALLS THAT IS SELLING PRODUCTS MADE BY AUTISTIC CHILDREN

THE MERCHANDISE THAT ARE BEING SOLD AT THE STALLS FT. CUP HOLDERS AND CUPS

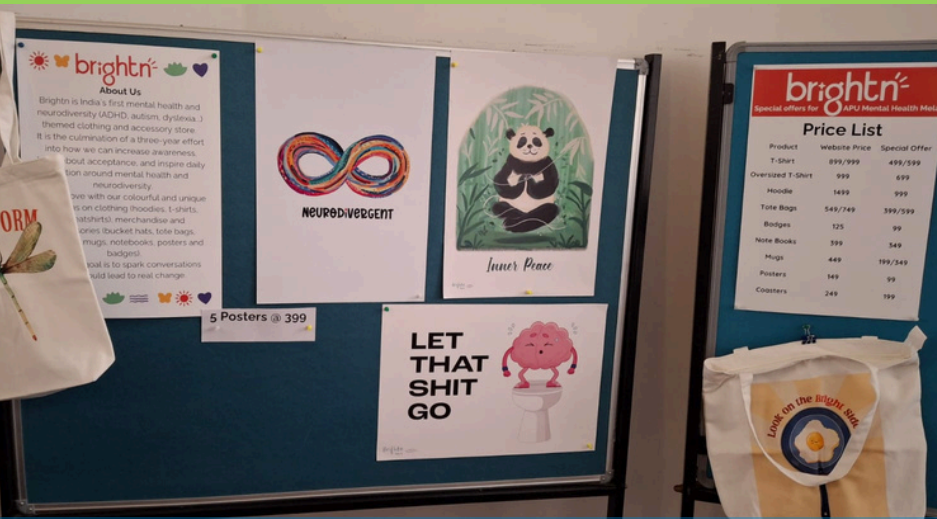


WHAT TO BUY, WHAT NOT TO BUY???



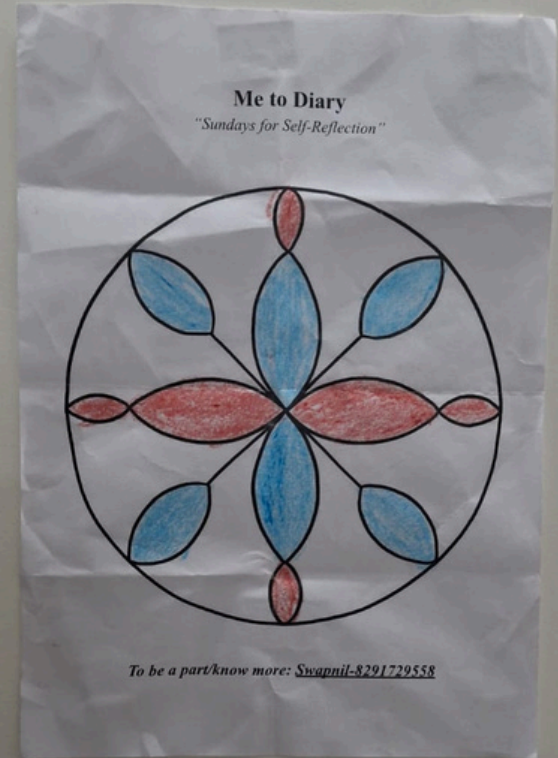
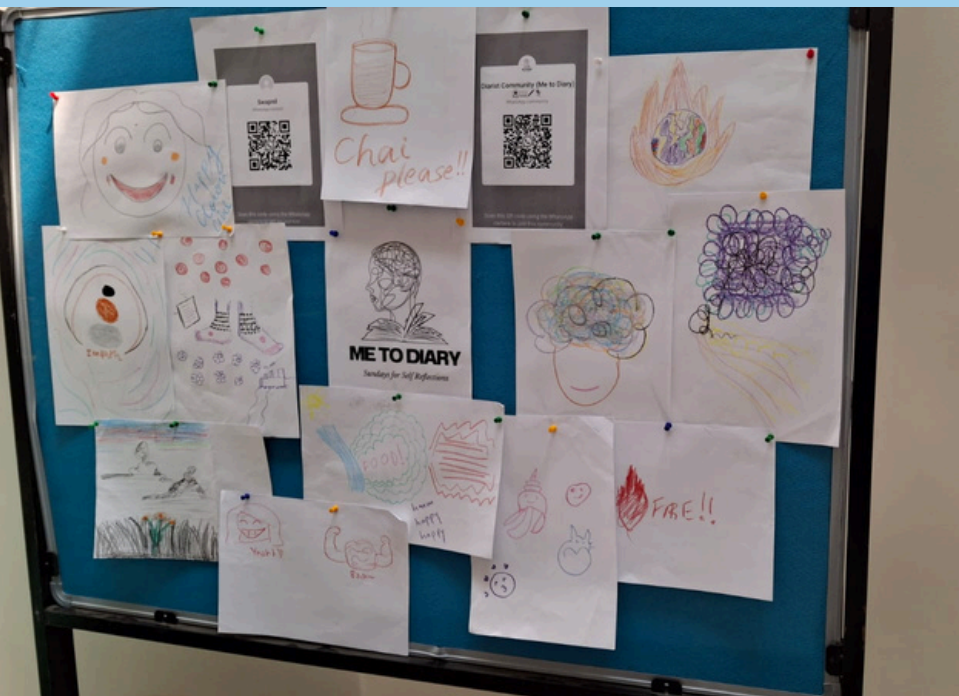
But my most favorite thing amongst the stalls that I have observed there was mainly those of the personal reflection, where you draw and express your emotions through your artwork. I have attended to one of the stalls and I was given a sheet, where I was asked to color it and also to explain what I generally wanted to convey through the artwork.

I have later conveyed that the portions that I have colored in blue are the spaces that I am born to be in and the portions that are colored in red are the spaces that I am forced to be in and also took snaps of the other artwork that is on display.



THE POSTERS THAT I WAS MAINLY TALKING ABOUT

THE DISPLAY OF ARTWORKS, ONE OF THE MOST IMPORTANT FEATURE OF MENTAL HEALTH.



THE ME TO DIARY WORK DONE BY ME

A DISPLAY OF THE EMOTIONS THAT ARE DRAWN BY STUDENTS

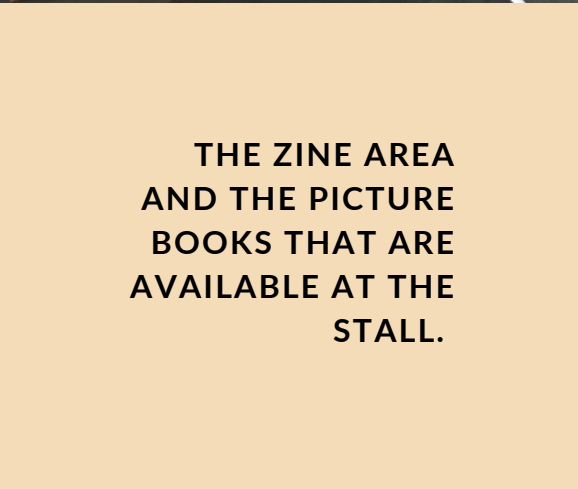


Another feature that I have liked the most amongst the stalls was mainly that of the area where there was the display of the zines and books at the extreme end of the Seminar Hall's corridor. It looked so attractive that, I could not resist myself and capture the photographs. In my opinion, this space is completely picturesque and also irresistible.

The other fact that made this stall stand out for me was mainly that of being a children's book zone and after capturing some snaps have made myself in spending some time to read the books that are present over there and have made me go back to those days, where I used to prefer these books more than the books that we are assigned to.



BOOKS FROM THE LIBRARY THAT ARE RELATED TO MENTAL HEALTH



THE ZINE AREA AND THE PICTURE BOOKS THAT ARE AVAILABLE AT THE STALL.



SEEING THESE BOOKS AFTER A VERY LONG TIME MAKES MY HEART FEEL WARM AND LIGHT

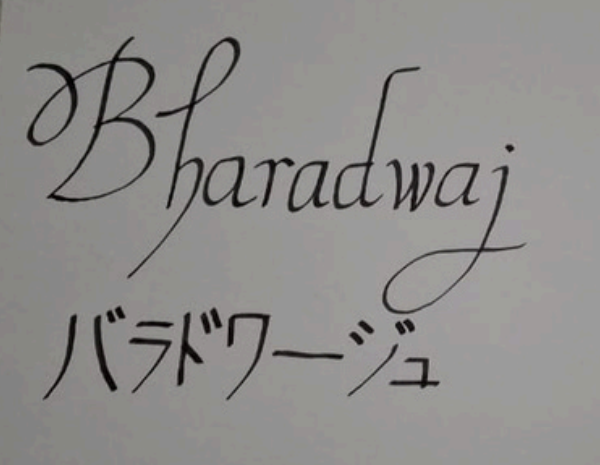
After spending some time strolling around, I have made it to Vinay's stall, where he is displaying his calligraphy skills and is also selling them at 10 Rupees/ Language that he writes it in. I have got a copy of my name from him in two languages: English and Japanese. I was also looking at his other works and also at his style of writing it.

The other fact that made this stall stand out for me was mainly that of being a children's book zone and after capturing some snaps have made myself in spending some time to read the books that are present over there and have made me go back to those days, where I used to prefer these books more than the books that we are assigned to.



THE ARTWORK AND THE ARTIST: VINAY JOSEPH

PICTURE CREDITS: DEEPA PALANIAPPAN



THE CALLIGRAPHY WORK OF MY NAME



POSING WITH MY NAME. PICTURE CREDITS: DEEPA PALANIAPPAN

After sometime, I have left for lunch on Deepa's call. I have really felt that, I am enjoying a genuine lunch. We were served with Ragi Rotte, Chapati, Veg Fried Rice, Sambar, Curd, Rasam Chicken Curry and a Sweet Pudding. I also had a second serving of this meal as I have felt that, we might not have this again.

Back to business after a very heavy lunch, I have also attended a small disability workshop session that was held by the Association of People with Disability, where I am asked to do three activities, namely: 1. Wheel Chair Activity, where we have to go from one point to the other and to return back, 2. Cane Activity, Where we are blindfolded by an eye mask and hold the cane and walk from one point to the other and to return back and 3. Get the Object, where we are assigned to get an object, and blindfolded by an eye mask again, we

have to get the assigned object within 10 seconds.

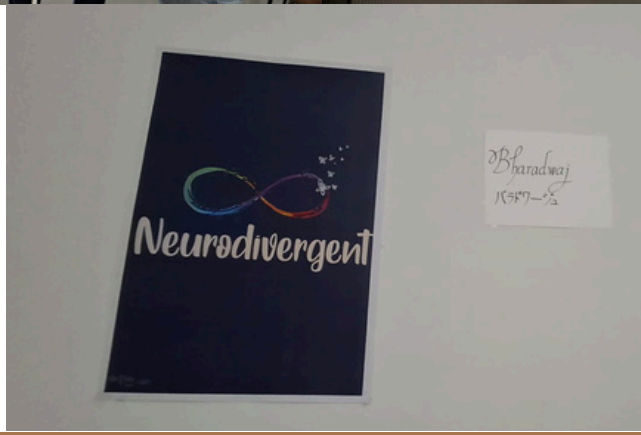
After the completion of the workshop, I have went to one of the stalls and got myself a neurodivergent poster for 99 rupees and I was literally flying on Cloud Nine as after a long gap, I have got a poster that mainly describes about neurodiversity and autism.

I was actually attracted to this stall mainly because of the merchandise that are being sold over there, Such as T-Shirts, Mugs, Coffee Cup Stands, Badges, Notebooks, etc. The place from where I brought this poster was from Brightn, who sell these products online. I have again come to their stall along with Deepa and got myself a mug and later, I have also got myself a badge with the Neurodivergent Loop, which I have attached it to my bag to make it look attractive. I was completely and overjoyed that I am finally owning a merchandise that is related to Neurodiversity and Autism.



WORKSHOP IN PROGRESS

PICTURE CREDITS: DEEPA PALANIAPPAN



In the End, I had a mixed feeling about this mela, I was completely happy that the University had finally conducted an Exhibition on a topic that needs to be widely talked about and have also displayed stalls that are mainly done by the children who require special needs and at the same time, these kind of melas must happen every semester and must be given with similar importance like how Social Enterprise Cell (SEC) Mela happens every semester. I was disappointed that, this would be my first and last experience of enjoying these type of melas. I hope that we have this mela one more time in the next semester and appeal more and more audiences than it has done now.

A Special Shoutout and thank you to the Conversations Team, you completely deserve all the love and appreciation for your sheer determination and hard work in making this event a huge success. It is only possible because of you guys, I am now recording this blog where I am pouring down all my emotions and feelings that I have received due to this mela.

Last but not least, A honorable mention to Deepa, who has made me engage with the setting up of the stalls which has also made me interact with the students who are on the Neurodiversity and Autism Spectrum, and also to my Super Juniors: Hanamesh, Hasini, Sagar, Chandru and Santosh. Thank you for being a great and integral part of my memories with this mela.

Thank you all for all these memorable experiences.

Bharadwaj has his own blog and he gave Conversations permission to publish his blog post in our newsletter. If you are interested in reading his original post or want to check out his blog, you can go here:

<https://bharadwaj2004.wordpress.com/>



ZINE MAKING WORKSHOPS

CREATING A SPACE FOR PAUSE AND REFLECTION

by Tarushee Mehra (MAE)

Zine making is an attractive practice to self publish your thoughts, disseminate information quickly and are devilishly easy to reproduce. A zine library is a thing of joy, where avid zinesters can swap and share zines across the world. A zine is created by folding an A4 piece of paper, with cuts and folds that can create a mini book in the end. If you're just starting out in the world of book making, a zine is a great place to start!

The theme of this year's zine making workshops was Mental Health Awareness. Participants were invited to reflect on what mental health means to them, what practices they follow, and how that could look different in their respective communities. In a 2 hour workshop, zines about food, new journeys, memories of home, beloved pets, grief and self care emerged, each zine as heartfelt as the next.

The theme of this year's zine making workshops was Mental Health Awareness. Participants were invited to reflect on what mental health means to them, what practices they follow, and how that could look different in their respective communities. In a 2 hour workshop, zines about food, new journeys, memories of home, beloved pets, grief and self care emerged, each zine as heartfelt as the next.

Students and faculty both had a chance to contribute to a mini zine library that was curated for the Mental Health Mela. Visitors could sit comfortably, read zines and even make one to take home with them! Here are a few examples of prompts that they engaged with-

- If your emotions were colors, what would they look like today?
- What are some activities that are connected to your mental health? (cooking, playing a sport, pursuing a hobby etc.). What is your relationship to this activity?
- How do you show kindness and compassion to yourself?
- What does self-care look like for you?
- What spaces help you feel safe and calm?
- What helps when you feel stressed or anxious ?

The zines became a medium for participants to engage wholeheartedly with different materials, textures, colours and also play with the form of the zine itself. The zines transformed into letters for friends, a map or the wandering soul, even a list of places to eat that left bellies full and the soul nourished. They

were doors to each of the participant's minds, with notes that opened up to poetry and messages to the reader. Participants of different ages were able to engage with zine making as a form to unspool their thoughts on paper in a hands on way, and express their emotions on paper. Overall, participants felt safe to express themselves through the session and held space for each other while learning a new medium.

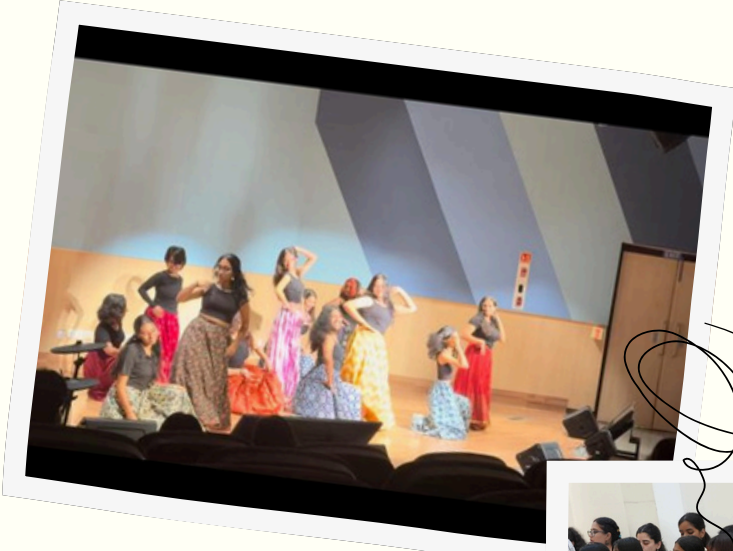


Zines made by students in the zine making

Photo credits: Sachin Gowda and Ramesh Gowda



MENTAL HEALTH MELA PERFORMANCES



Musical Evening-
A Pre-Mela Event



Choir performance
by students of Azim
Premji University



Into the Unknown- Playback
Theatre Performance by Lahe
Lahe



PARAI PERFORMANCE BY CHILDREN'S GROUP OF BUGURI LIBRARY

by Amrita Tiwari



Children from the Buguri Library enthralled audiences with a powerful Parai performance during the Mental Health Mela. Their performance was not just an artistic display but a profound cultural act, rich in heritage and empowerment.

The Parai, a traditional Tamil drum, is deeply rooted in history, often symbolizing resistance and empowerment. By performing this art form, the Buguri Library children are reclaiming their own narratives and challenging societal norms. Through this initiative, they are rewriting the story of Parai, reshaping their destinies, and breaking cycles of marginalization.

Children played the Parai with passion and precision, their rhythmic beats resonating with the audience and filling the venue with an electrifying energy. The performance was more than entertainment—it was a statement of identity, pride, and resilience.

The act of learning and performing the Parai empowered the children to explore self-expression, build confidence, and connect with their cultural roots, fostering a deep sense of belonging and pride.

As the performance concluded, the audience rose in applause, moved by the children's talent, courage, and message. The Parai performance was a poignant reminder of the power of cultural traditions in promoting mental well-being and social change.

This initiative by Buguri Library not only highlighted the importance of mental health but also demonstrated how reclaiming cultural heritage can empower communities. The children's rhythmic beats were a call for resilience, unity, and transformation—proof that when given the opportunity, even the youngest voices can challenge norms and inspire change.



BEING A CAREGIVER TO A CHILD WITH AUTISM

by Lakshmi Acharya



Vani Rajendra is the mother of Preksha who is a person on the autism spectrum. For our Mental Health Mela, she spoke about the role of parents, their support and commitment to their children on autism spectrum.

When Preksha turned 15, Vani quit her job as a Relationship Manager at State Bank of India, and became a full-time mom and caregiver to Preksha as in earlier days there were no vocational training units available for children over 15 years of age. This is when Vani's journey as not just a caregiver but also a trainer began. She took Preksha to horse riding, music classes and many other activities. Both the mother and daughter trained to run and started running. They have run many marathons including, Bangalore Marathon and Tata Mumbai Marathon.

During the lockdown Vani realised that Preksha was interested in creating designs, so she tapped that potential and set up VRuKsha Creations Design Studio for her. Their products include mugs, water bottles, coasters, mouse-pads, all designed by Preksha.

Vani now helps and supports parents with children on the autism spectrum. She started a centre for adults on the spectrum called "Rainbow Hut" to help children and parents lead a better quality of life. Vani is on the Board of Advisors on "Know Your Stars" which does volunteering work. She is also a Consultant at "Athma Shakti Vidyalaya", which is a therapeutic Community.



BREAKING BARRIERS: A DEAF PERSPECTIVE ON HIGHER EDUCATION AND MENTAL HEALTH- A TALK BY DR. ALIM CHANDANI

by Veda Dandamudi

When our team was brainstorming and thinking of events and collaborations within the university for the Mental Health mela, Inclusion Support immediately came to my mind. Both of our teams recognise that one cannot talk about mental health and wellbeing without talking about inclusivity and that it is our collective responsibility to work toward building more inclusive, accessible, and supportive environments. In the effort to have conversations highlighting the intersection of mental health, disability and inclusion, we organised a talk by Dr. Alim Chandani titled "Breaking Barriers: A Deaf Perspective on Higher Education, and Mental Health", for which Renuka Ramesh and Shivoy Sharma were the sign language interpreters.

In India, Dr. Chandani has been instrumental in various initiatives, including the establishment of Centum-GRO Initiative, which focuses on empowering and developing leadership skills among Deaf individuals. His contributions to the Deaf community have earned him multiple accolades, including the NCPEDP Mphasis award and the Bharti Changemaker award.

Currently, Dr. Chandani serves as a consultant for Hear a Million at Enable India, a program designed to empower one million Deaf people to become changemakers. His mission is to foster collective community growth and explore innovative approaches to improving the livelihoods of Deaf individuals in India. Recently, Dr. Chandani launched "Freedom to Sign," a social enterprise promoting Indian Sign Language and supporting Deaf artists.

In his talk, Dr. Chandani not only shed light on the critical challenges faced by the Deaf community but also opened our minds to the importance of true accessibility in education and mental health. His commitment to creating inclusive spaces demonstrates how one can work towards equity and empowerment in various fields. He shared about his passion to create opportunities for Deaf artists, designers, photographers, and craftsmen, demonstrating to the global Deaf community that "impossible dreams can become possible." The most recent project he curated was the art exhibition titled "Beyond Signs: The Power of Gestures."

The initiatives he has led are a testament to what can be achieved when we push beyond barriers and commit ourselves to fostering leadership and growth for the Deaf community. His emphasis on collective well-being and mental health resonated deeply, reminding us that inclusion goes hand in hand with care, support, and understanding.

To check out Dr. Alim Chandani's projects in India, you can visit the following sites:

<https://drjahan.wixsite.com/doc-alim/projects>

PROMPTS TO ENGAGE WITH CHILDREN'S PICTURE BOOKS FOR MENTAL HEALTH

by Swati Sambrani

After reading a book, if you would like to engage further, here are some suggestions you can take up:

- Draw out something that reading the book has inspired for you? Some thoughts, a memory, perhaps, or something for you to hold on to.
- Was there a character in the book that particularly struck you? Would you like to write a letter to the character(s) perhaps, about what they were doing that really stayed with you? Did something resonate with a story in your own life? Is there something you would like to remind yourself of, based on what was happening in the story? Is there something you would like to guide them about, based on something that you have found helpful, perhaps?
- Did the book remind you of someone? Would you like to recommend this book to someone? You could perhaps write a letter to someone you would want to recommend the book to, and why you think they may enjoy reading this book?
- Create an alternative- would you like to think about something you may want to change about the book? Please do write it down and you can either keep it at the end of the book.
- Something else! Feel free to think of any other way you may want to engage with the book!



Where Can You Read or Buy Picture Books?

Our team has explored and curated our own collection of picture books that resonate with us and that we have found helpful in our work as mental health practitioners. We have browsed various bookshelves (in stores, online) and thought of sharing where you can read or buy picture books if you are interested!

Storyweaver by Pratham Books

Storyweaver by Pratham Books is an online platform where you can read picture books for free, and in various languages (e.g, Kannada, Hindi, Tamil, Telugu etc.).



You could also purchase physical copies of their picture books at affordable prices or even even create your own picture book on Storyweaver!

Read Alouds on Youtube

You can also search for Read Alouds of different picture books on Youtube, if you are unable to get your hands on a physical copy of a picture book you'd like to read.

**"Children's books are not a hiding place,
they are a seeking place."**

-Katherine Rundell

Bookstores and Publishing Houses



1 Champaca

Bookstore in Vasanth Nagar, Bengaluru

2 Daffodil Lane Books

Independent children's publishing house

3 Lightroom Bookstore

Independent children's bookstore in Cooke Town, Bengaluru

4 Funky Rainbow

Independent children's bookstore in JP Nagar , Bengaluru



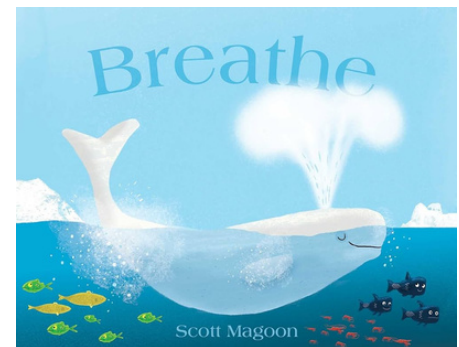
Some Favourite Picture Books

on the Conversations Team's Bookshelves



Swati

Fairen



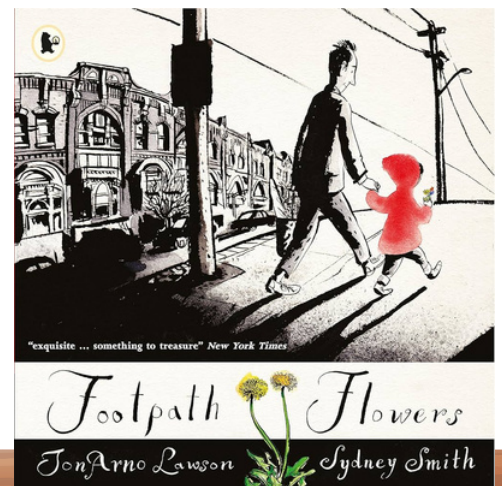
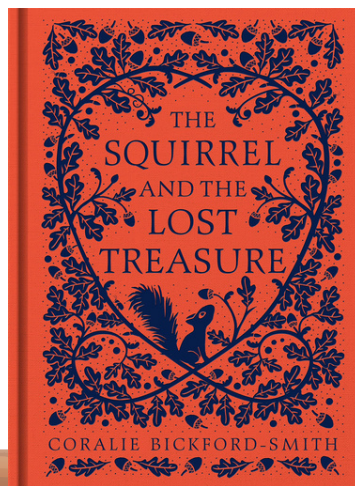
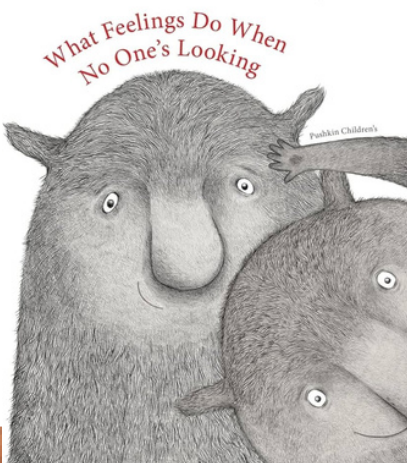
Our team has read a number of picture books with various mental health themes and these are some of the ones that have stayed with us that we wanted to share with everyone.

Veda

Amrita

Lakshmi

Tina Oziewicz & Aleksandra Zajac



TREE OF LIFE



**THIS IS AN ACTIVITY YOU
CAN ENGAGE IN TO
REFLECT ON YOURSELF
AND YOUR LIFE
(PRESENT, PAST AND
FUTURE).**

Where do you come from?
What people, places,
experiences and cultures
shape who you are today?

Roots

**DRAW YOUR LIFE AS A TREE TO REFLECT
YOUR JOURNEY USING THESE PROMPTS.**

Branches

- What are your hopes, dreams and wishes?
- Where did they come from?
- How have you held on to them during difficult times?

- Who are the important people in your life?
- Why are they important to you?
- What experiences have you had with them?

Leaves

This represents your **present**- where you are in your life right now, upon which your tree of life stands in this moment.

Ground

- What are your skills and interests?
- Where did you pick up these skills and interests from?
- How do these skills and interests play a role in your life?

Trunk

Storms

What challenges have you faced in your life? How did you navigate them?

CONVERSATIONS- CENTRE FOR POSITIVE MENTAL HEALTH AND WELLBEING

MICROSITE

WHAT CAN YOU FIND HERE:

01

Wellbeing
Resources

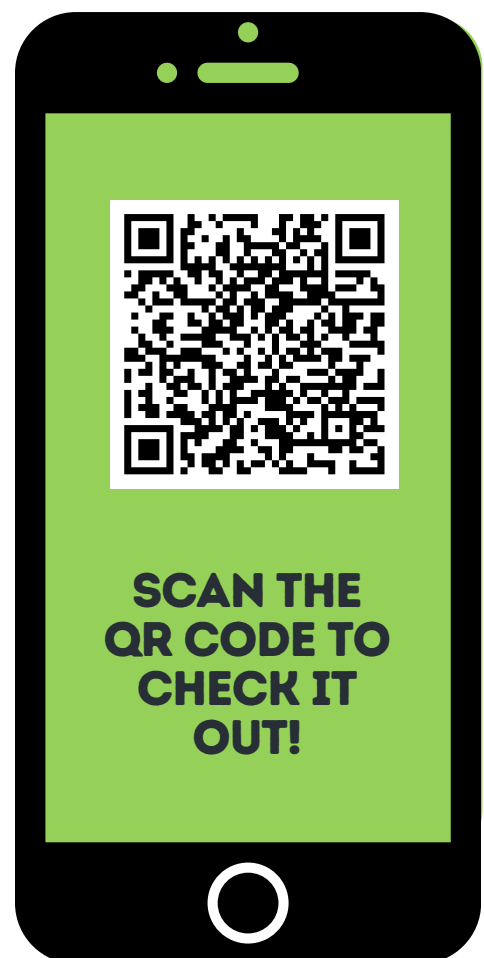
02

Mental Health
Helplines and Mental
Health Apps Lists

03

Resources for Safety
and Mental Health
Emergencies

AND MORE...



Check out the next few pages to find some of the resources we displayed at the Conversations stall during the Mental Health Mela!



MENTAL HEALTH HELPLINES

- **COOJ:** 0832-2252525 (*Mon-Fri: 1 pm to 7 pm*)
- **Sahai:** 080-25497777 (*Mon-Sat: 10 am to 5:30 pm*)
- **Parivarthan:** +91 7676602602 (*Mon-Fri: 1 pm to 10 pm*)
- **Mansamvad (Hindi):** 1800-1800-018 (*All days: 9 am to 5 pm*)
- **Nazariya (LGBTQIA+ support):** +91 9818151707 (*All days: 11 am to 6 pm*)

24/7 MENTAL HEALTH HELPLINES

- **Kiran-DEPwD:** 1800-599-0019
- **Aasra:** +91 9820466726
- **NIMHANS:** 080-46110007
- **Vandravela Foundation:** +91 9999 666 555
- **Mpower:** 1800-120-820050
- **Fortis Mental Health:** 8376804102
- **Samaritans Mumbai:** +91 84229 84528, +91 84229 84529, +91 84229 84530

If you are unable to connect, reach out again

SLEEP HYGIENE

Effective tips to establish a healthy sleeping habits

Stay clear of stimulants late in the day.



It is best to avoid consuming any caffeine (in coffee, tea, soft drinks, chocolate, and some medications) for at least 4-6 hours before going to bed. These substances act as stimulants and interfere with the ability to fall asleep.

Do a regular exercise.



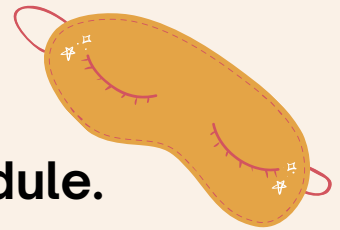
Physical activity is good for general mental and physical wellbeing. It helps tire you out at the end of the day when it is time to sleep. Make sure the exercise is at least 2-3 hours before your bedtime.

Create a relaxing bedtime/pre-bedtime routine.



You can develop your own rituals of things to remind your body that it is time to sleep - some people find it useful to do relaxing stretches or breathing exercises for 15 minutes before bed each night, or sit calmly with a cup of caffeine-free tea, listen to calming music, journal or read.

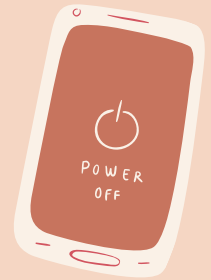
Stick to a consistent sleep schedule.



One of the best ways to train your body to sleep well is to go to bed and get up at the same time every day, even on weekends and days off! This regular rhythm will make you feel better and will give your body something to work from.

Unplug an hour before bed.

Not your phone, laptop or tablet, unless it is to listen to sleep meditations. Keep them away and don't reach out to them if you are not getting sleep - do something else.



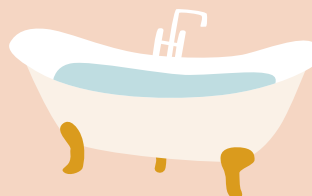
Create a good sleeping environment.



The ideal room for sleeping is cool, quiet, and dark. Use bedsheets that you like, a favourite blanket maybe.

Take a bath before bed.

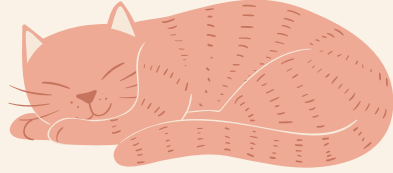
Taking a hot bath 1-2 hours before bedtime can be useful, as it will raise your body temperature, causing you to feel sleepy as your body temperature drops again. Research shows that sleepiness is associated with a drop in body temperature.



SLEEP HYGIENE

Effective tips to establish a healthy sleeping habits

Avoid daytime naps.



It is best to avoid taking naps during the day, to make sure that you are tired at bedtime. If you can't make it through the day without a nap, make sure it is for less than an hour and before 3 pm.

Sleep when you are sleepy.



Try to sleep when you actually feel tired or sleepy, rather than spending too much time awake in bed.

Don't clock-watch.



Many people who struggle with sleep tend to watch the clock too much. Frequently checking the clock during the night can wake you up (especially if you turn on the light to read the time) and reinforces negative thoughts such as "Oh no, look how late it is, I'll never get to sleep" or "It's so early, I have only slept for 5 hours, this is terrible."



The bed is for sleeping.

Try not to use your bed for anything other than sleeping so that your body comes to associate bed with sleep. If you use a bed as a place to watch TV, eat, read, work on your laptop, and other things, your body will not learn this connection.

Limit water intake before bed.

Reducing water intake at night can help prevent waking up during the night to use the bathroom.



Get out of bed if you are not able to sleep.



Don't stay in bed awake if you are not able to sleep after about 20. Get up and do something relaxing, like light reading, or listening to music. But do not use your phone or gadgets in that period to chat/scroll.

Be patient with sleep improvements.



It may take time to see consistent results from sleep hygiene practices, so give your new habits time to take effect before making further changes.