

# Speak Out Loud:

## Stories of Strength from the Southern Downs

EPISODE: SLEEP

GUEST: Bel du Bois, Sleep Scientist + Occupational Therapist

Published June 2021

### SUMMARY OF EPISODE

Bel du Bois is an Occupational Therapist, Wellness Coach, Yoga Teacher, Nutritionist and Sleep Scientist who has been working in the health and wellness industry for over 30 years. Bel manages her private practice 'Darling Downs Wellness Therapies' as well as The Grain Shed Retreat at Goomburra on the Southern Downs offering a range of health related services to support personal well-being. Bel's holistic approach to health care offers plenty of practical strategies that you can implement in your everyday life.

Listen to the podcast conversation to hear Bel explain:

- why she developed a special interest in sleep
- how events such as bushfires can impact your sleep
- what a good night's sleep feels like
- the internal changes that take place during the different stages of sleep
- how much sleep you need to function at your best
- the differences in sleep patterns at different ages and stages of life
- the problems associated with poor sleep
- the links between sleep and mental health
- sleep disorders, sleep disturbances and sleep hygiene
- strategies to help yourself if you're having difficulties with your sleep
- how you can support someone else who is having difficulties with sleep
- where to go for more information, support or interventions
- sleep is central to every aspect of wellbeing

### TOP 3 TAKEAWAYS / TIPS

Bel's Top 3 Tips for a better night's sleep:

1. Go to bed and wake up at the same time each day as much as possible to set your body clock
2. Set up your bedroom as a 'sleep haven' - think about the sounds, feels, looks and smells that help you relax. Remove gadgets with screens from your bedroom.
3. Be mindful of what and when you ingest food and other substances
  - avoid caffeine after 2pm including coffee, chocolate and energy drinks
  - minimise alcohol and nicotine
  - avoid heavy meals close to bedtime

*Speak Out Loud: Stories of Strength From the Southern Downs Podcast*

[www.kathrynwalton.com.au](http://www.kathrynwalton.com.au)

## RESOURCES MENTIONED IN THE PODCAST

### **Bel du Bois (Sleep Scientist + Occupational Therapist)**

#### **Darling Downs Wellness Therapies**

E: [darlingdownswellness@gmail.com](mailto:darlingdownswellness@gmail.com)

P: 0414 896 284 / 0412 723 101

<https://darlingdownswellnesstherapies.org/>

“Why We Sleep” written by Matthew Walker

### **Sleep Health Foundation**

<https://www.sleephealthfoundation.org.au/>

### **General Practitioner (GP)**

My GP is \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

See your GP for a referral for a sleep study or to see a Sleep Specialist.

### **Kathryn Walton**

Kathryn Walton Consulting and Outdoors is my Therapy

<https://www.kathrynwalton.com.au/>

### **Darling Downs and West Moreton PHN**

<https://www.ddwmpnh.com.au/>

Use the clickable map to find mental health services in the region

*The information shared in the podcast and handouts is intended for general support only.*

*To the best of our knowledge, this information was correct at the time of publishing.*

*Please consult with your doctor or health provider for support based on your individual needs.*

This project has been supported through funding by the Darling Downs and West Moreton PHN.

*Speak Out Loud: Stories of Strength From the Southern Downs Podcast*

[www.kathrynwalton.com.au](http://www.kathrynwalton.com.au)