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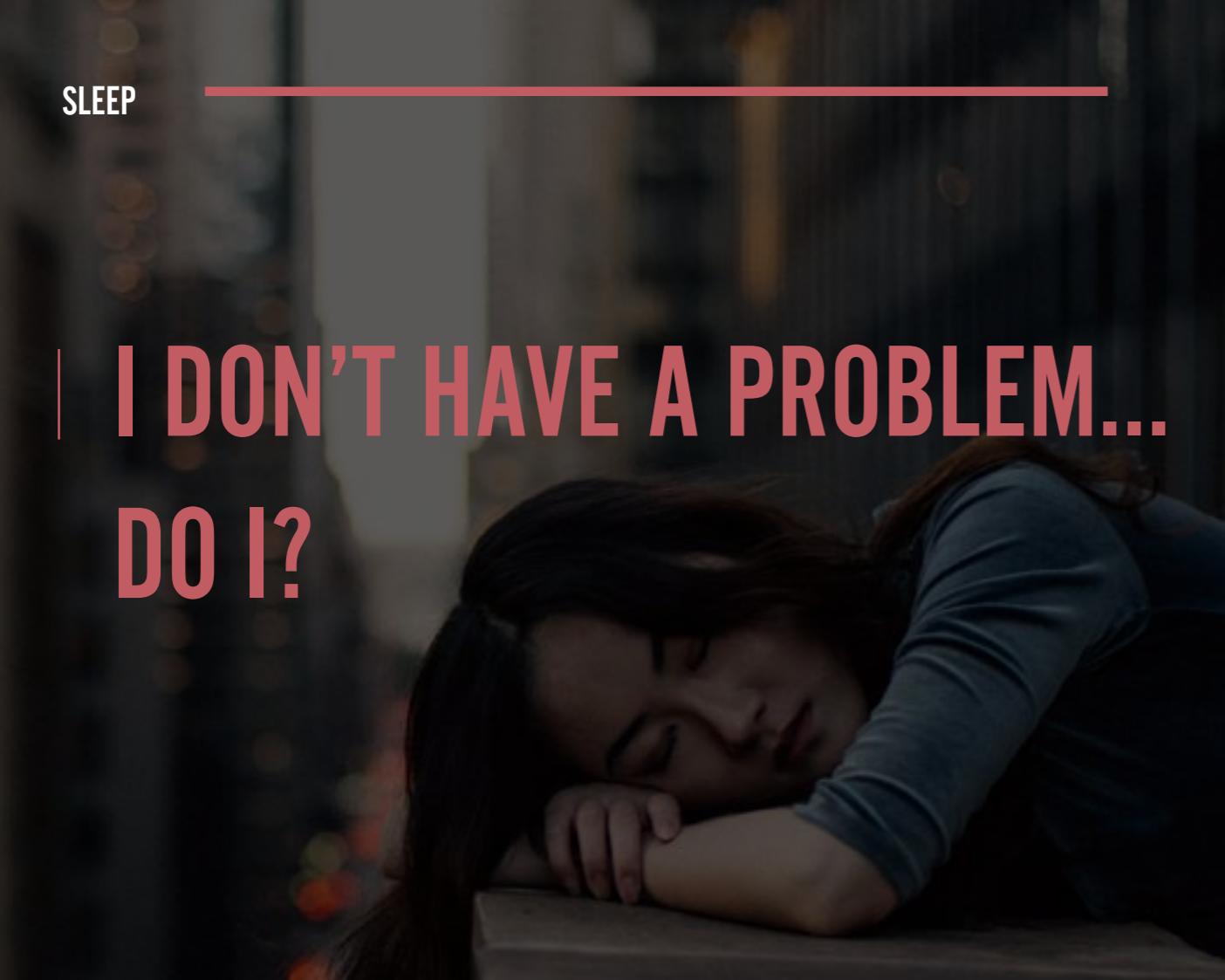
# SLEEP

Practical Guidance  
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I DON'T HAVE A PROBLEM...  
DO I?



WELL IT'S TRUE TO SAY THAT EVERYONE'S SLEEP NEEDS ARE DIFFERENT...

Some people need at least four hours sleep per night, while others require more than 10!

Sleep can be defined as a natural pause in wakefulness during which the powers of the body are restored.

The amount of sleep needed varies from person to person and throughout different stages of life, typically people need less sleep as they get older.

## COMMON SLEEP PROBLEMS

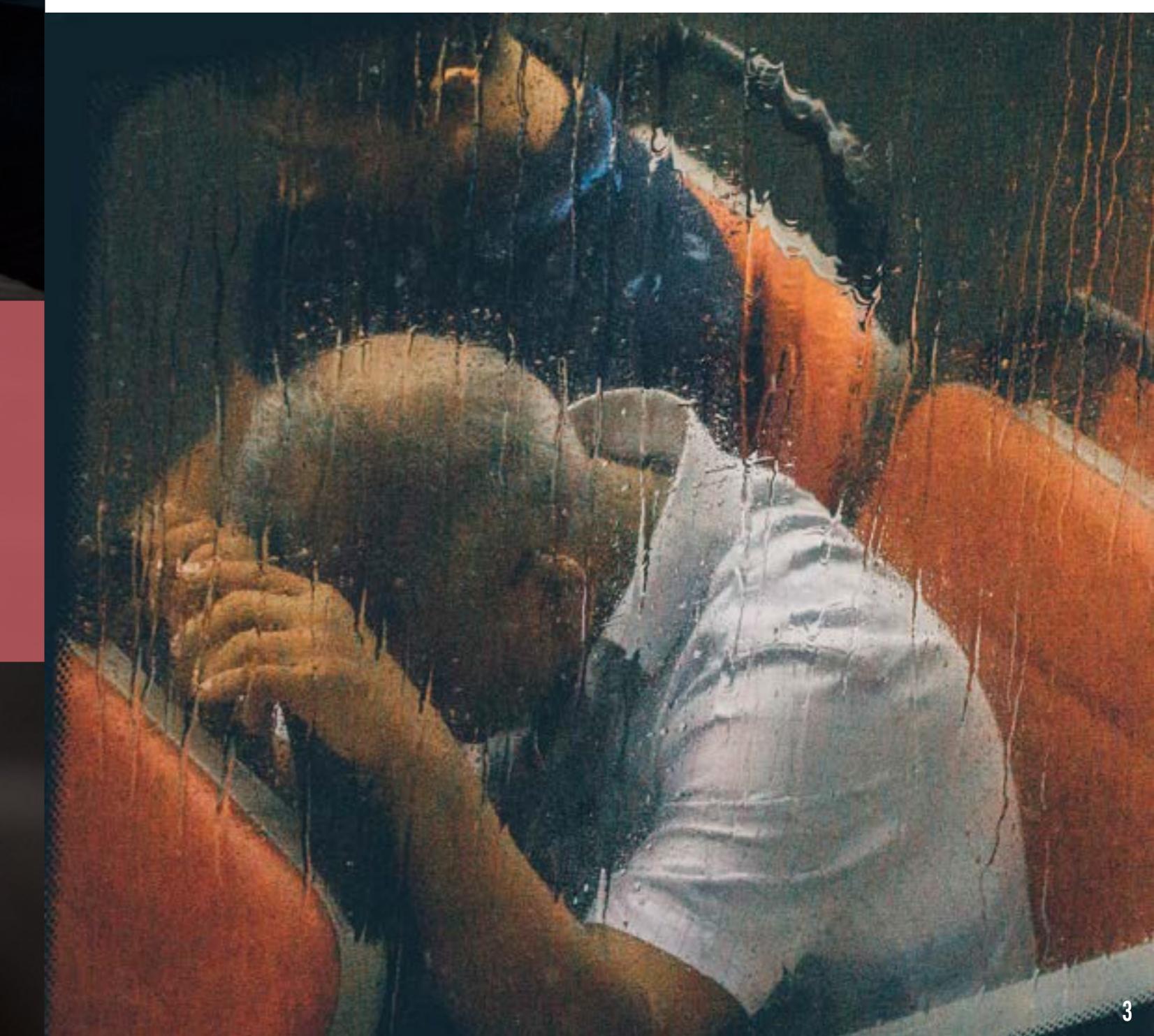
These can be sorted into 4 main groups...

GETTING  
TO SLEEP  
IS DIFFICULT

STAYING  
ASLEEP  
IS HARD

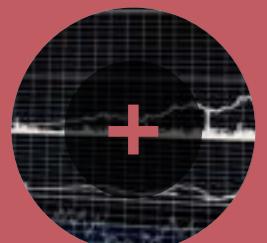
WAKING UP  
TOO EARLY  
IN THE  
MORNING

POOR  
QUALITY  
OF SLEEP



## HOW CAN I IMPROVE MY SLEEP?

### Some simple dos and don'ts you can follow...



#### SLEEP CHANGE

**DO** remember sleep changes throughout the life cycle and lack of sleep alone won't cause serious harm.



#### REGULAR TIME

**DO** go to bed and get up at a regular time.



#### ROUTINE

**DO** have a bedtime routine and slowly wind down before bedtime.



#### RELAX

**DO** get up if you're not asleep after 30 minutes. Relax by reading, or having a warm milky drink.

**DOS**



#### EXERCISE

**DO** some exercise regularly, but not late in the evening.



#### ENVIRONMENT

**DO** make sure your bed and bedroom are comfortable; consider noise, temperature and light levels.



#### SWITCH OFF

**DO** turn off all screens, TV, tablets and phones, at least an hour before bed.



#### MEDICATION

**DO** check whether any medicines you are taking may be affecting your sleep.



#### WORRY

**DON'T** worry too much about not getting enough sleep.



#### PROBLEMS

**DON'T** lie in bed and worry - write problems on a pad next to your bed and consider them next morning.



#### BED

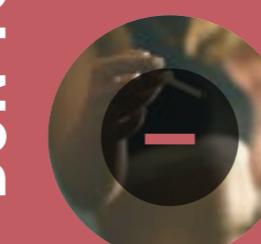
**DON'T** use your bed for other things than sleep (this does not include sex... that's okay!!)



#### CAFFEINE

**DON'T** eat or drink caffeine after 6pm, and cut down during the day.

**DON'TS**



#### SMOKE / DRINK

**DON'T** smoke or drink alcohol close to bedtime.



#### SLEEPY

**DON'T** go to bed until you feel sleepy.



#### NAP

**DON'T** take naps in the day if you can help it and for no more than 30 minutes if you do.



#### CATCH UP

**DON'T** stay in bed longer to catch up on lost sleep.

# WHAT PROFESSIONAL HELP IS AVAILABLE IF I WANT IT?

## REMEMBER...

...you are never alone.

Talk to a mate.

Ring the helpline.

Go online.

There is no need to let your sleep problem ruin your life.

Help is available.

There are many organisations nationwide and locally that can help you professionally.

These include:

**Insomniacs** offers advice on coping with insomnia.  
[www.insomniacs.co.uk](http://www.insomniacs.co.uk)

**NHS Choices** includes tips and tools to help you improve sleep, including a template sleep diary.  
[www.nhs.uk/live-well/sleep-and-tiredness](http://www.nhs.uk/live-well/sleep-and-tiredness)

**Sleep Matters Insomnia Helpline** on 020 8994 9874 (6pm-8pm weekdays).  
 Insomnia Helpline run by the Medical Advisory Service - [www.medicaladvisoryservice.org.uk](http://www.medicaladvisoryservice.org.uk)

**Mind Information Line** on 0300 123 3393 (9am-6pm weekdays).  
[www.mind.org.uk](http://www.mind.org.uk) Email [info@mind.org.uk](mailto:info@mind.org.uk)

These services can help with approaches such as counselling, practical advice on how to manage your sleep, as well as ongoing support.