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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

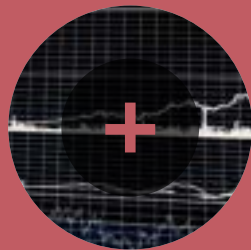
STAYING
ASLEEP
IS HARD

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...



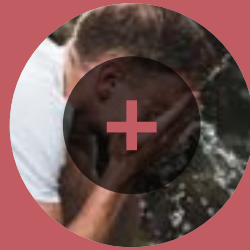
SLEEP CHANGE

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

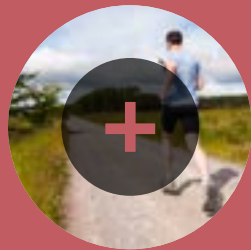
DO have a bedtime routine and slowly wind down before bedtime.



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

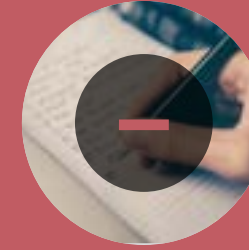
DO check whether any medicines you are taking may be affecting your sleep.

DON'TS



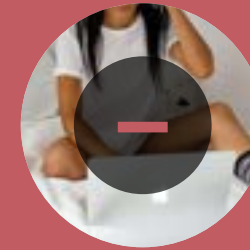
WORRY

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.



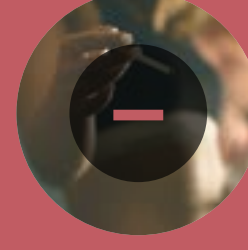
BED

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



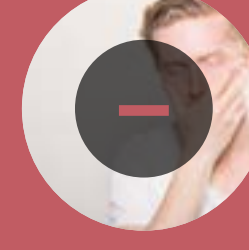
CAFFEINE

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



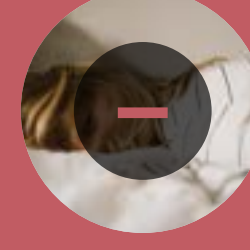
SMOKE / DRINK

DON'T smoke or drink alcohol close to bedtime.



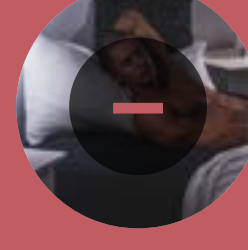
SLEEPY

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

NHS Choices includes tips and tools to help you improve sleep, including a template sleep diary.
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

Mind Information Line on 0300 123 3393 (9am-6pm weekdays).
www.mind.org.uk Email 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.