



# SLEEP

## PRACTICAL GUIDANCE

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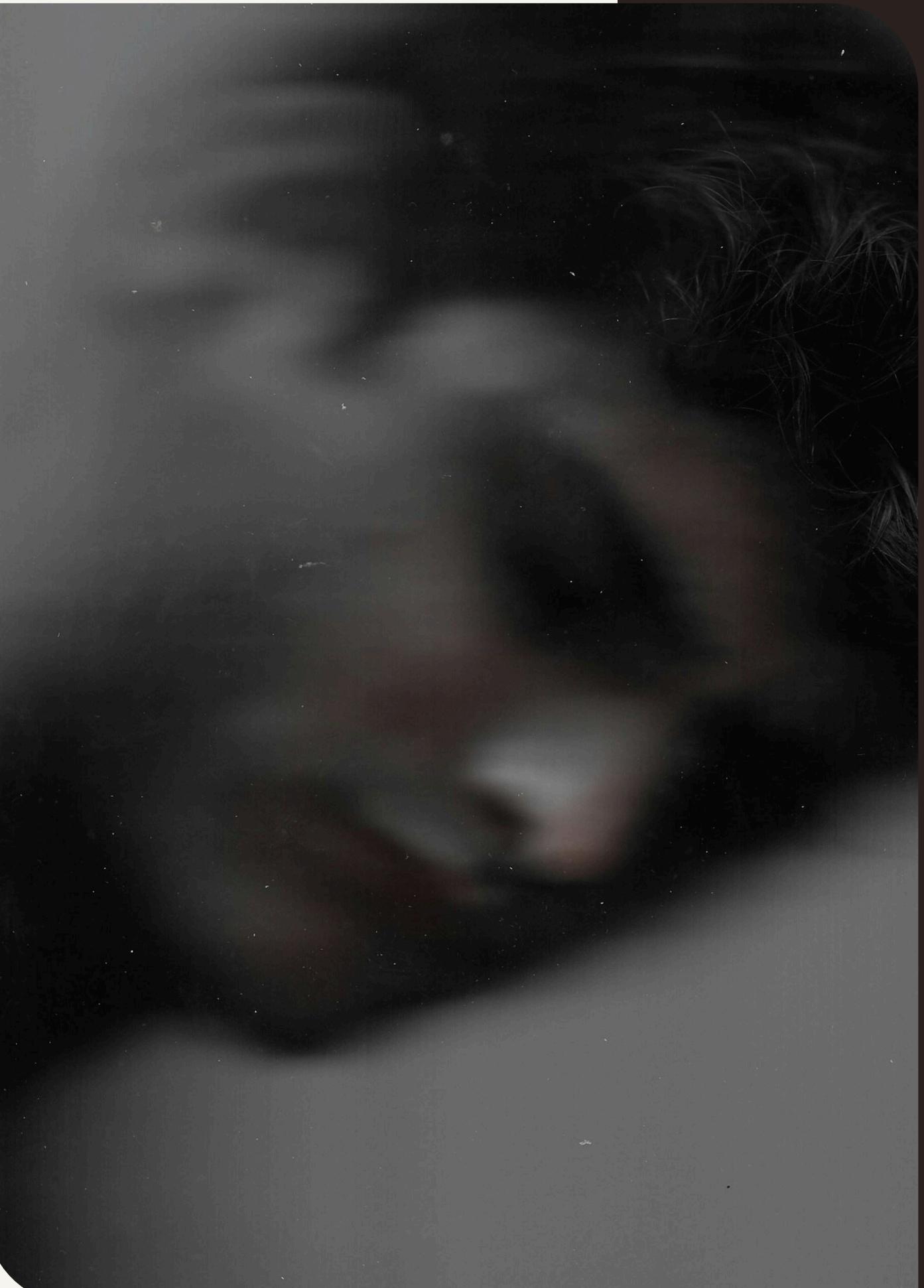


# I DON'T HAVE A PROBLEM... DO I?

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

Some people need only 4 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 four 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 do's and don'ts you can follow...

**DO'S**

<b>SLEEP CHANGE</b> DO remember sleep changes throughout the life cycle and lack of sleep alone won't cause serious harm.	<b>REGULAR TIME</b> DO go to bed and get up at a regular time.	<b>ROUTINE</b> DO have a bedtime routine and slowly wind down before bedtime.	<b>RELAX</b> DO get up if you're not asleep after 30 minutes. Relax by reading, or having a warm milky drink.
<b>EXERCISE</b> DO some exercise regularly, but not late in the evening.	<b>ENVIRONMENT</b> DO make sure your bed and bedroom are comfortable; consider noise, temperature and light levels.	<b>SWITCH OFF</b> DO turn off all screens, TV, tablets and phones, at least an hour before bed.	<b>MEDICATION</b> DO check whether any medicines you are taking may be affecting your sleep.

**DON'TS**

<b>WORRY</b> DON'T worry too much about not getting enough sleep.	<b>PROBLEMS</b> DON'T lie in bed and worry - write problems on a pad next to your bed and consider them next morning.	<b>BED</b> DON'T use your bed for other things than sleep (this does not include sex... that's okay!!)	<b>CAFFEINE AND ENERGY DRINKS</b> DON'T eat or drink caffeine or energy drinks after 6pm.
<b>SMOKE / DRINK</b> DON'T smoke or drink alcohol close to bedtime.	<b>SLEEPY</b> DON'T go to bed until you feel sleepy.	<b>NAP</b> DON'T take naps in the day if you can help it and for no more than 30 minutes if you do.	<b>CATCH UP</b> 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 - CHECK OUT THESE LINKS**

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. [insomniacs.co.uk](http://insomniacs.co.uk)

**Every Mind Matters** includes tips and tools to help you improve sleep.  
[Sleep problems - Every Mind Matters - NHS](http://www.nhs.uk/conditions/sleep-problems)

**National Sleep Helpline 03303 530 541** Monday to Thursday 9am-11am and Monday, Tuesday and Thursday 7pm-9pm.

**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.



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