Name ……………………………………………… Doctor ……………………………………

Try some of the strategies below to improve your sleep. There isn’t a quick solution to sleep problems but these strategies help to train your mind and body to behave in a way that helps you have a good sleep pattern.

Did you know?

* Going to bed and getting up at the same time each day will help to balance your body clock.
* The blue light from phones and tv’s blocks the chemical messenger melatonin which helps your body to fall asleep.
* Sleeping in a bedroom that is too cold or warm can worsen sleep.
* Being outside in daylight helps your body clock to be in balance with day and night time patterns.
* Taking a warm bath or shower helps to lower your core body temperature, helping you to fall asleep.
* Drinking alcohol causes you to sleep more lightly and wake up more easily.
* Nicotine is a stimulant which means it can keep you awake.
* Caffeine is also a stimulant and half of the amount you drink is still active in your body around 5 hours later.
* Prescription sleeping tablets do not give you a natural sleep and can cause you to still be drowsy and at risk of accidents the next day. If used regularly they stop working and can be addictive.

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|  | Go to bed and get up at the same time each day. |
|  | Create a relaxing, regular bedtime routine. Use dim lights in the evening.  |
|  | Have a warm bath or shower before bed |
|  | Make sure your bedroom is dark and around 18◦C |
|  | Stop looking at your phone or computer 90 minutes before bed. Block the “blue light” on your phone and leave it out of reach once you’re in bed. |
|  | Leave your TV in a different room |
|  | Get outside in the morning daylight for at least 10 minutes – go for a walk. |
|  | Don’t sleep during the day |
|  | Do some regular exercise every day - but not late in the evening. |
|  | Try relaxation exercises (eg. deep breathing, yoga) |
|  | Write a list of the things on your mind |
|  | If you can’t sleep don’t toss and turn – either relax and enjoy the rest or get up and do something relaxing for a bit (eg. read a book) |
|  | Eat your evening meal several hours before bed.  |
|  | Don’t drink alcohol before bed |
|  | Stop smoking and vaping https://www.quitsquad.nhs.uk/ |
|  | Avoid drinking caffeine after 12 noon |
|  | Try to drink more water during the day |

Sleeping well has many health benefits for your mind, mood and body so it’s worth keeping going with these strategies.

Useful resources:

Websites Apps (In-App Purchases)

www.sleepstation.org.uk Calm Headspace

www.mind.org.uk Pzizz Sleepio