

Improving your Sleep

Hi I'm Linda -
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This is one of a series of help and support guides from the Outreach & Development Team.

Here are some suggestions on improving your sleep



Sleep

- The average adult needs 6-9 hours sleep a night.
- However, particularly since the Coronavirus lockdown, changes to our working patterns and our raised anxieties have affected the ability to sleep for some people.





self help uk Coronavirus pandemic

- For example, we might be worrying about our own health and that of our loved ones, isolation, getting food ordered, financial difficulties etc.
- These are unprecedented times and it's natural to have these concerns.



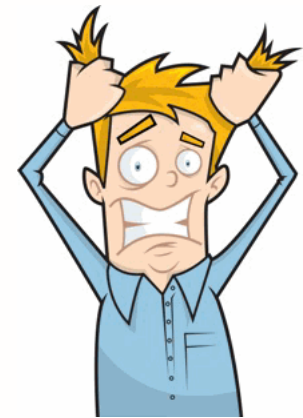


self help uk I can't sleep!

We've all been there! It's 4am and we're still trying to get to sleep.

The harder we try the worse it seems to get and it's happening more often.

So what can we do?



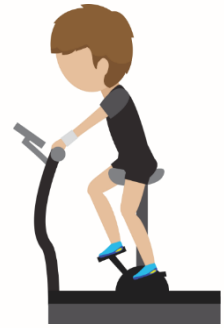
Technology

- Firstly, let's consider the technology.
- There are smart watches that can monitor your sleep patterns
- There are a range of Apps can be downloaded to your mobile phone that can help you go to sleep
- E.g. the NHS Apps Library
- See www.nhs.uk



Get into a Routine

- The human body likes routine
- Get some sunshine during the day
- Aim to take some exercise
- Aim to eat your evening meal before 6pm
- Get into a night-time routine – it can help
- Try to go to bed at the same time each night
- Aim to get up at the same time each morning





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Before you go to bed

- Relax in a warm bath
- Listen to some gentle music
- Listen to relaxation sounds eg sound of the sea
- Try some meditation
- Make yourself a hot drink but avoid caffeine
- Read a book – but perhaps not a murder mystery!
- If you're worrying about tomorrow, write a





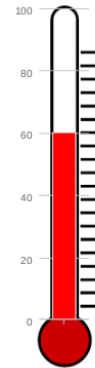
self help uk Resist the tech at night

- Try to resist browsing your emails, internet or playing computer games just before you go to bed.
- Using devices such as mobile phones, tablets and laptops can stimulate the brain and make getting to sleep even more difficult.



Your environment

- Bedroom...
- Should be restful
- No noise
- Darkness suitable for you
- Right temperature for you
- Some like to sleep with a window open



Give it time

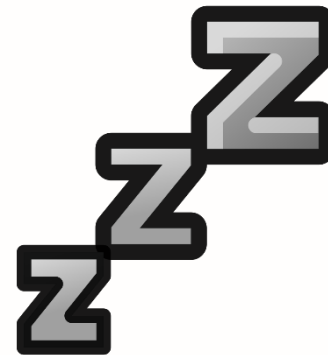
- Changing your sleep patterns may not happen overnight
- So be patient and give it some time
- Don't give up!





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- Gradually things will change
- And hopefully sleep will improve





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Improved sleep

- Helps you feel more refreshed
- Will make you feel better
- Will help you stay more alert during the day
- Will help to improve your mood





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Need more help?

- If you're still struggling with sleep
- You may be suffering from a sleep disorder such as insomnia
- Talk to your local pharmacist
- Or see your GP
- Visit www.nhs.uk for more information





Our details

If you would like any further information about Self Help UK, please visit our website:

www.selfhelp.org.uk



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