

Sleep

Why is sleep important?

- For physical health and mental wellbeing.
- Helps improve concentration.
- How much we need depends on the person; some people function well on 4-6 hours a day whereas other people need more.

How do sleep problems change our thoughts?

"I won't be able to sleep"

"If I don't sleep I'm going to have a terrible day tomorrow".

How do sleep problems change what I do?

- You feel more irritable with others.
- You feel that you need to sleep during the day.
- You might drink more tea/coffee during the day to stay awake.

What can I do to help me sleep better?

During the day:

- Expose yourself to sunlight: keep curtains and shades open during the day, move your chair to a sunny spot, try and get out in the fresh air each day.
- Limit caffeine, alcohol and nicotine. All of these can interfere with the quality of your sleep. Don't drink too much before bedtime: limit what you drink within the hour and half before bed.
- Avoid big meals before bedtime.

At Night: Develop a bed time routine

- It can help to use relaxation, have a warm bath, read a book or play relaxing music.
- Try and go to bed and get up at the same times each day.
- Adjust your bedtime to match when you feel tired which may mean going to bed earlier.
- It can be helpful to write down any worries that you might have on a piece of paper rather than having these in your mind as you are trying to sleep.
- Make sure your bedroom is quiet, dark and cool. Move bedroom clocks out of view.

The information in this leaflet is available in additional languages and alternative formats.

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Providing care all of us would recommend to family and friends