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# Sleep



You might want to look at this leaflet with someone you trust like a healthcare worker

# Sleep

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# Sleep Facts

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Sleep is rest for our minds and bodies. Everybody needs sleep

When we sleep

- Our eyes are closed
- Our body is mostly still
- Our minds are not thinking



We all need sleep. Sleep helps our minds to recover from what we do during the day



Sleep helps our bodies to repair so we have energy the next day



Good sleep helps us to feel healthy, calm and happy. It is easier to learn and do our daily routine if we sleep well

# Sleep Facts

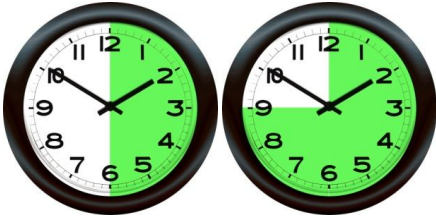
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This diagram shows how sleeping will can help us in daily life



# Sleep Facts

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Most adults need between 6 and 9 hours of sleep each night to stay healthy



People need different amounts of sleep. The amount of sleep you have depends on your age, what you do in the day, how stressed you are and any medical problems you may have



It is better if you can sleep at night, rather than during the day.

Most people feel better if they are busy in the day and resting at night

# Sleep Problems

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The main sleep problems people have are



- Difficulties getting to sleep
- Difficulties staying asleep
- Waking up too early
- Restless or disturbed sleep
- Bad dreams or nightmares
- Sleep walking

There are other sleep problems such as



- Grinding teeth
- Restless legs
- Problems breathing when asleep
- Sleeping too much at night and in the day
- Physical pain
- Feeling anxious
- Mental health problems
- Side effects of medication



See your GP if you have these problems

# Why do people have sleep problems?

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Lots of people have problems with sleep. It can happen to anyone



Many sleep problems can happen because of

- Worry or anxiety
- Stress
- Feeling down or depressed
- Missing someone who has died or gone away
- Changes in our lives
- Medical problems, such as pain or needing the toilet a lot
- Medication
- Getting older
- Drinking too much caffeine in tea, coffee and fizzy drinks
- Where we are sleeping is uncomfortable

# How sleep problems can affect you

Sleep problems can affect you in many different ways



**Sleep problems can make you feel tired**

**Being tired can**

- make you feel tired during the day
- make you want to nap in the day
- make you feel down or depressed
- make you feel worried or anxious
- make it more difficult to manage your feelings
- make you grumpy or irritable
- make it more difficult to stay healthy
- make you less safe to drive
- make you have more accidents because you are tired

**When behave like this we might be tired and need to rest**



# How to sleep better

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Some sleeping problems can get better with small simple changes

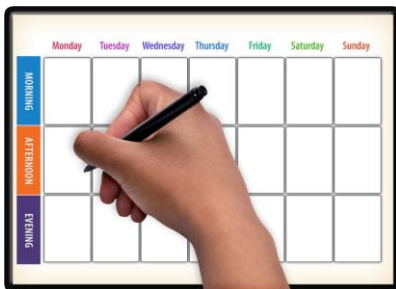


Some sleeping problems need the help of your GP or a health professional

**If you are not sure, see your GP**



It might help to think about what is stopping you from getting the sleep you need



Keeping a sleep diary can help you see what your sleeping patterns look like

# How to sleep better

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Sleepio is an app and website which can help you think about sleep problems and why you may be having them

You can find this at [www.sleepio.com](http://www.sleepio.com)



If you think your sleeping problems are because of depression, anxiety or anger, please look at the other leaflets

You can find this on our website at [www.wales.nhs.uk/supportplus](http://www.wales.nhs.uk/supportplus)



If you think you are having sleeping problems you can also see your GP

# How to sleep better

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Whatever your sleeping problem may be there are lots of things you can do to help yourself get better sleep

**Here are some ideas**



- Make sure your bed is comfortable
- Make sure your bedroom is not too hot or too cold
- Make sure your bedroom is not noisy or too light. Putting up thick curtains and wearing earplugs can help
- It can be harder to sleep if you have a TV or other electrical things in the bedroom. Try putting them in a different room or covering them
- Try to keep your bedroom tidy and a relaxing place. Try to only use your bedroom for sleep and sex or masturbation

# How to sleep better

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Try to go to bed and get up at the same time every day



Try not to catch up missed sleep during the day. This may disturb your next night of sleep



Try to have a relaxing bedtime routine  
Perhaps include



- a warm bath
- listening to the radio or an audio book
- a relaxation CD
- some gentle stretches
- a warm drink without caffeine or sugar
- Brushing your teeth

# How to sleep better

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Try to get at least 30 minutes of exercise during the day  
For example a walk or a swim



Try to get outside in the natural light as much as possible during the day



Try to drink tea, coffee and fizzy drinks only in the mornings

Try not to have drinks with caffeine in the afternoon or evening



Drinking lots of water in the daytime will help you sleep at night



Try to eat more at the start of the day and less in the evenings

Try not to eat sugary foods at night

# How to sleep better

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Try to give up smoking

Smoking can keep you awake



Try to avoid alcohol

Alcohol can disturb your sleep



Try to think positive relaxing thoughts

Try not to worry

## If you worry it can help to



- Get up and go to a different room if you are lying in bed awake
- Write a to do list or record it on your phone
- Try listening to a relaxation CD, the radio, music or an audiobook
- Try the relaxation exercises in the “how to relax” leaflet
- Try to remember what has helped before

# Where to find more information

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## Samaritans

You can talk to them anytime about how you feel

Freephone 116 123

Website [www.samaritans.org](http://www.samaritans.org)



## The Sleep Council

This is a website with lots of information to help you sleep better. You can also use the freephone number to request leaflets about sleep

Freephone 0800 187 923

Website [www.sleepcouncil.org.uk](http://www.sleepcouncil.org.uk)



## NHS Choices

This website has advice and tools to help you sleep better

Website [www.nhs.uk/livewell](http://www.nhs.uk/livewell)



# Where to find more information



## Your GP

If you have questions about sleep or want to know more you can speak to your GP



## Support Plus website

An easy read website with information on Mental Health

[www.wales.nhs.uk/supportplus](http://www.wales.nhs.uk/supportplus)

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