

Tips for Better Sleep

Our Therapy Team offer fatigue management and advice on sleep hygiene (helping you to sleep better). If you're struggling to go to sleep and to stay asleep, we hope these tips may help you.

The below suggestions are aimed at improving your focus about sleep and your sleep behaviours. We can't control sleep, but we can prepare our bodies well for sleep, giving us the best possible chance of resting well.

The following recommendations are for people having sleep difficulties, with different levels of functional ability. It may not be necessary for you to follow all the recommendations but try some and see what works best for you. Remember, our team are here if you need any advice.

1. Routine is key. Try to wake up at the same time every day and go to bed at around the same time every night.
2. Keep active during the day through physical and mental activities. This can be anything from completing word searches to gentle walking. Your body will be more ready for sleep if you're physically and mentally tired at the end of the day.
3. Try and get outside in daylight if you're able to. If not, sit or lay by a window with natural light coming in. This will assist your natural body clock to know when it's time to wake up.
4. Make your space right for sleeping. Make sure your room is quiet, relaxing, dark and cool (18 to 20 degrees).
5. Avoid caffeine 8 hours before bed due to the time it takes your body to process caffeine. Also, avoid alcohol and smoking 3 hours before bed as they're both stimulants which will reduce your sleep quality.
6. Try to avoid clock watching (It might be worth hiding the clock) as this can add to your anxiety and reinforces patterns of waking.
7. Put your electronic devices away 1 and a half hours before bed as they act as a stimulant. Stimulants reduce the production of melatonin, the hormone that makes us go to sleep and sleep well.

You might also like to take a look at this useful video clip (The 10 Commandments of Sleep) - <https://sleepcouncil.org.uk/advice-support/sleep-advice/sleep-hygiene/>