Improving Sleep

We all feel tired from time to time. The reasons are usually obvious and include:

- Late nights
- Long hours spent at work
- A baby keeping you up at night.
- A poor quality sleeping environment

Psychological causes include:

- Stress
- Emotional shock
- Anxiety

The main lifestyle causes of tiredness include:

- Alcohol
- Lack of exercise
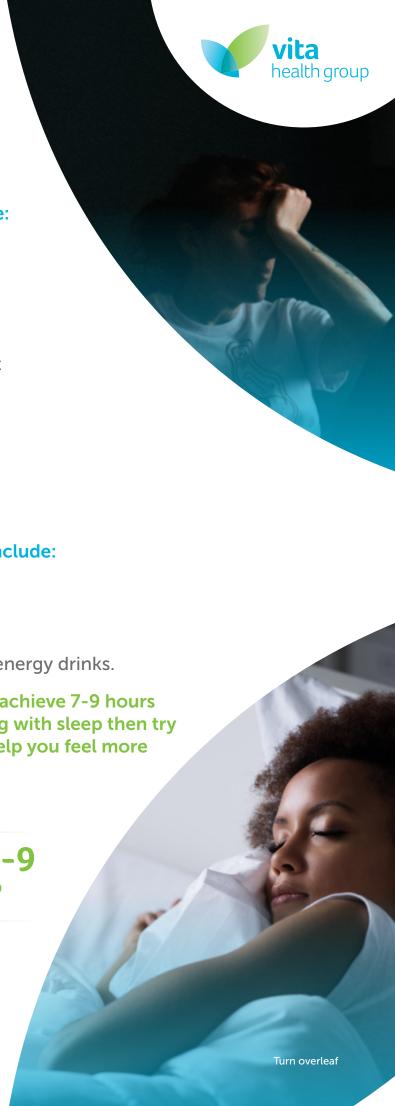- Caffeine, including tea, coffee, and energy drinks.

The NHS recommends adults regularly achieve 7-9 hours of sleep each night. If you are struggling with sleep then try and incorporate the following tips to help you feel more refreshed.

? Do you sleep for 7-9 hours each night?

NHS
Bristol, North Somerset and South Gloucestershire
Clinical Commissioning Group

Helpful Apps

NHS recommended

Pzizz

Other Apps

headspace

Calm

Tips to improve your sleep

- Make sure your bedroom is cool, dark, and quiet

- Get into a relaxing routine before bed, such as reading a book or taking a bath

- Avoid screen usage for an hour before bed

- Write down your worries, or your to-do list to organise your thoughts and reduce unhelpful thoughts

- Sleep at regular times

- Be physically active during the day

- Avoid going to bed hungry, or too full. Aim to have your evening meal about 3 hours before going to sleep

- Avoid caffeine for at least 8 hours before you go to sleep

- Keep a sleep diary, this can also help reveal any underlying conditions and you can take this information to your GP

If you try these tips and still struggle with your sleep then please speak to your GP.

Action Plan

Which of the tips above can you start doing today?