

HOW TO SLEEP BETTER

Sleep Facts



7-8 hours at night-time is the ideal amount for most adults



Our brain is highly active when we are asleep. Sleep also benefits all of our other organs



Lack of sleep can affect your memory, concentration and ability to work



Chronic sleep difficulties can affect your physical and mental health

Good Sleep Habits

Avoid caffeine and exercise in the evening

Have a regular bedtime routine

Eat well and exercise during the day

Reduce nicotine, alcohol and drugs

Try not to 'watch the clock'

Keep to regular sleep and wake times

Bed is for sleep and sex only

Don't watch TV, work, look at screens in bed

Technique 1: Sleep Restriction (be careful using this if you need to drive or operate machinery the following day)

Use a sleep diary to work out how much sleep you are getting

Set your waking time at the same time each day (e.g. 7am)

Start off by going to bed at the same time you currently go to sleep (e.g. 2am)

Each week bring your 'sleep' time back by 30 mins until you are getting 7-8 hours (1.30, then 1am, etc.)

Technique 2: Stimulus Control Therapy – teach your brain to associate bed with sleep

You find yourself lying awake in bed for more than 20-30 mins (approx.)

Don't stay in bed: Get up and do something else (e.g. read) for 20-30 mins

Go back to bed and try again

If you are still awake after another 20-30 mins then repeat the process as many times as needed