

Top Tips For Sleeping

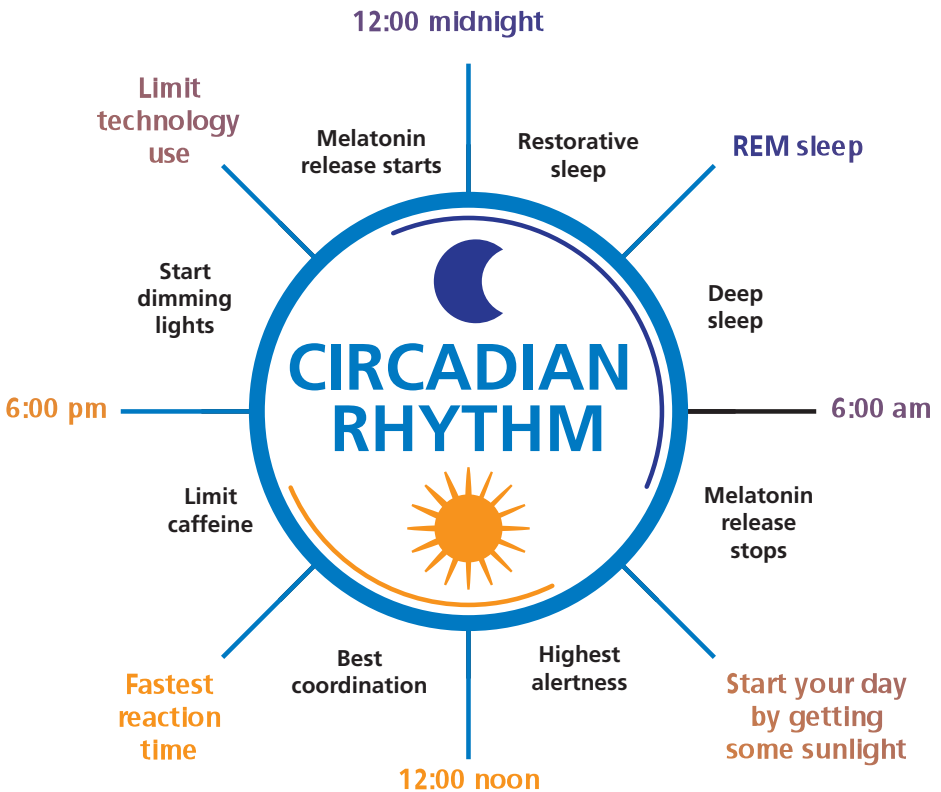


Bed Time

- Going to sleep at the same time every night helps build a regular routine.
- Having a bed time routine helps your brain separate night from day. It can also help to clear the mind and body of the day's stresses, allowing you to relax and be ready for sleep.
- Think about if you are sleepy or just going because of the time.

How the sleep cycle works

- The circadian rhythm or internal 'body clock' tells us when to sleep and when to wake up in the morning regulating our sleep pattern.
- It is when the body has periods of increased sleep need and increased alertness, these happen every 45 minutes daily. You can test this by when you next yawn or feel sleepy around 45 minutes later you will feel most awake. Ensure you go to bed at a time you are most sleepy.
- Increasing daylight during the day (particularly first thing on a morning) and having rest periods on an evening can help with your circadian rhythm.



Being ready for sleep

- Keeping active both physically and mentally, tires your body ready for sleep. Examples of this are:
 - walking
 - reading
 - listening to a podcast
 - colouring
 - talking to a friend
- Try to start relaxing 90 minutes before you go to bed, it's important to keep a familiar 90 minute pre-sleep routine daily.

Sleep Environment

- Melatonin is a hormone linked with sleep. It is blocked by natural light, which is why we feel awake during the day.
- To boost your levels of melatonin, avoid bright light before bedtime or during the night if you can't sleep.
- When it is time to wake up try to get as much natural light as possible, especially early morning. This will help you to wake up and be ready for the day.
- Apps that can help – Calm, Headspace, YouTube relaxing sounds similar apps/sounds for relaxation.

Useful Sleep Tips

- Reducing caffeine prior to going to bed may be helpful. Caffeine can be found in: fizzy drinks, tea/ coffee, chocolate and lots more products so always check. Milky drinks can also take a long time to be broken down in the stomach.
- Limit the frustration of tossing and turning in bed by only going to bed when you are sleepy.
- Before bedtime avoid things that can be stimulating such as bright light or activities that make you more alert.
- Try to reduce stress levels prior to bedtime as the brain can then link the bed with negativity. Sometimes writing things down you need to remember the next day can help.

- A short nap during the day can be refreshing (occasionally), but longer naps can negatively affect how long and how well you sleep. It can also make getting to sleep more difficult as your bodies need for sleep has lowered. Avoid napping late in the day as it may disrupt your ability to sleep at night.
- If you struggle to sleep, try and get up and start your bedtime routine again when your next 45 minute circadian rhythm comes around.

For further online information please visit the following websites:

<https://www.nhs.uk/every-mind-matters/mental-health-issues/sleep/>

<https://www.sleepfoundation.org/>

<https://sleepcouncil.org.uk/>

<https://www.versusarthritis.org/about-arthritis/managing-symptoms/sleep/>

<https://thesleepcharity.org.uk/>

People with hearing and speech difficulties

You can contact us using the Relay UK app. Textphone users will need to dial 18001 ahead of the number to be contacted.

Accessible Information

If you need this information in another format or language, please ask a member of staff.

Smoking

Bradford Teaching Hospitals NHS Foundation Trust is a smoke-free organisation. You are not permitted to smoke or use e-cigarettes in any of the hospital buildings or grounds.

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