

Getting a good night's sleep

1. Keep a regular schedule

Going to bed and getting up at the same times helps to programme your 'body clock' and establish a good sleep pattern

2. Establish a regular, relaxing bedtime routine

Some people find it helpful to have a warm bath, listen to soothing music or practice relaxation techniques before going to bed. Experiment with different things to see which works best for you.

3. Create a quiet and comfortable sleeping environment

Keep your bedroom for rest, personal activities and sleep. Do not do 'wakeful' activities in bed such as eating, using electronic devices or thinking ahead. A cool, quiet and dark room free from distractions is ideal.

4. Check your sleeping position and bed

Is your mattress too hard or soft; too saggy or old? Are your pillows comfortable? Are you using too many or too few? Is your sleep position comfortable – could you improve it?

5. Exercise regularly

Regular exercise/activity helps keep your body and mind healthy and helps with sleep. However, it also raises your body temperature so is best done at least 3 hours before bedtime.

6. Don't over-indulge just before bedtime

Avoid eating large meals or spicy food within 2-3 hours of going to bed as this can cause heartburn or disrupt your sleep. Drinking a lot of fluids in the evening may cause awakenings to use the bathroom.

7. Avoid stimulants close to bedtime

Alcohol, caffeine and nicotine are all stimulants. If taken just before bed they are likely to interfere with getting to sleep and will affect the quality of your sleep later on.

8. Avoid troubling news before bedtime

Watching violent or upsetting TV programmes may make getting to sleep more difficult. Try to deal with any worries earlier in the evening – some people find it useful to write a 'to do' list for the next day.

9. Take care with napping

Some people find a short, planned nap (10 – 30 minutes) may improve short-term alertness without affecting night time sleep. However, longer or more frequent naps, especially later in the afternoon or evening can disrupt your sleep pattern.

10. If you can't sleep ...

Try not to lie there worrying. Some people find it better to get up and do something else for a while, then go back to bed when you're feeling sleepy again.

Web Address:

<http://www.cht.nhs.uk/services/clinical-services/physiotherapy-outpatients/patient-careinformation/>

QR Code:

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If you have any comments about this leaflet or the service you have received you can contact :

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www.cht.nhs.uk

If you would like this information in another format or language contact the above.

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obraťte se prosím na výše uvedené oddělení

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