

HOW TO GET A BETTER NIGHT'S SLEEP



PROBLEMS WITH SLEEPING?

Read on, tips for managing sleepless nights.

1 You could try keeping a sleep diary for a couple of weeks to find out if there are things you could remedy. It helps to find out if anything works for to help you sleep. A sleep Diary is useful for comparing your sleeping habits night by night, week by week.




Sleep Diary

MY SLEEP PRESCRIPTION

Bed Time: _____

Rise Time: _____

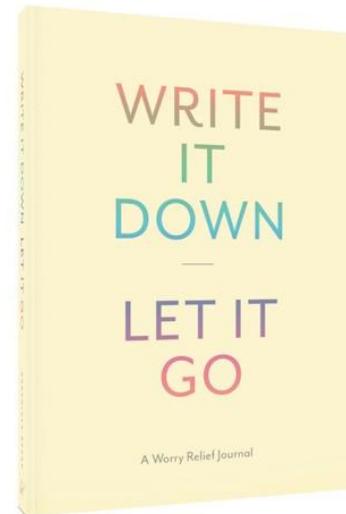
DAY OF THE WEEK							
DATE							
Q1 What time did you go to bed?							
Q2 What time did you try to go to sleep?							
Q3 What time did you fall asleep?							
Q4 How many times did you wake up during the night?							
Q5 In total, how long did these awakenings last (minutes)?							
Q6 What time was your final awakening?							
Q7 What time did you get out of bed to start your day?							
Q8 Note anything that interfered with your sleep							



End of week calculations
Easy calculations at mysleepwell.ca/calculator

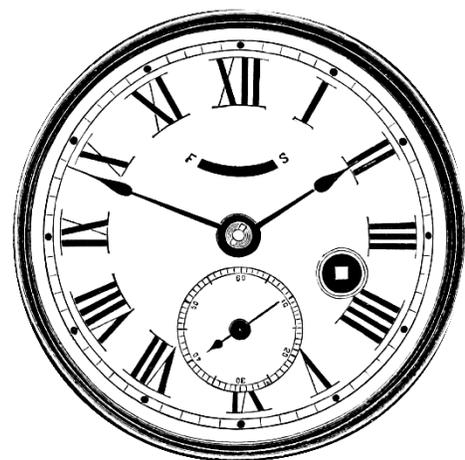
My sleep duration (typical night): _____ My sleep efficiency (typical night): _____

2 Keep a notebook by your bed and record any worries you are having before you go to sleep. Sometimes writing them down takes some of the worries away, especially if you can see what you need to do to manage these worries. Maybe chatting to a good friend or your key worker or Mindspace contact.



3 Look at amount of coffee and tea you are drinking and when you are having a drink. It helps to slow down your tea and coffee intake from around 2p.m. This is difficult for some people, so try experimenting with various caffeine free drinks, herbal teas, or diluted juice. You may find even a reduction in the amount of tea and coffee near bedtime will help.

4 Set a time for going to bed and ensure that all the things you need to do before going to bed are done. However, it's not helpful to go to bed when you are not sleepy, so set a realistic time for you.





5 It has been proven that using phones or I pad, computers at bed time can interfere with your sleep. This to do with the blue light and glare from them. The best thing is to not have them in the bedroom. If this is difficult for you, try reducing the brightness of the screen which you can do through settings.

5 Try to do something restful before you go to bed. Listen to some music, read a book. Try not to engage with a film which stimulates the senses. Have a relaxing bath. You can add a few drops of lavender oil to your bath.



6 Get some fresh air during the day. Even walking for just half an hour can encourage lots of feel good factors, especially when we are having to spend such a lot of time inside.



7 Avoid eating late at night and avoid spicy foods. It's difficult to sleep if your digestive system is trying to do its stuff!

8 A cool bedroom is better for sleep than a hot room, which makes it difficult to sleep. Your body temperature needs to decrease for sleep. Also having a dark room to sleep in can help the body and brain to get into night time mode.

9 Make sure you are comfortable in bed. Sometimes a new pillow or bedding can make a difference. A different mattress can help to make you feel comfortable, but sometimes we can only get so much, so try and make the best of what you have.



10 It can be very helpful to follow a meditation for sleep either before you go to bed or when you are in bed.

Mindspace are having regular Mindfulness meditation sessions at the moment, which can help to put you on the right path to feeling more relaxed. Search Mindspace Facebook page for details of meditation sessions or look on line for DVD's that help with sleeping problems.

11 If you have only recently had problems with sleeping, for example over the last two to four weeks it may be helpful to discuss this with your G.P. especially if you are feeling low in your mood or very anxious.

12 Try to keep your bedroom tidy and make the bed. It might sound silly, but it does appear to help, if you don't have a lot of clutter around you and your bed is made.

13 Try to use your bedroom or bed space for sleep only. You will find that your thoughts will then associate bed with sleep and your sitting area for activity.

These tips are taken from a short course in sleeping problems. Mindspace will, in the near future, be offering this course on line. Lookout for information on this course and any others on our web site or Facebook page.

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