

## Wellbeing Information and Tips



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### Sleep

Since the beginning of lockdown, troubles with sleeping have been increasingly reported for a variety of reasons, so this week we are focusing on sleep. Sleep problems are very common, and have a particular impact on our mental health. You might find it hard to fall asleep, stay asleep or wake up earlier than you'd like to. You might have problems that disturb your sleep, such as panic attacks, flashbacks, nightmares or find it hard to wake up or get out of bed. Good quality sleep makes a big difference to how we feel mentally and physically, so it's important to get enough.

"Poor sleep leads to worrying. Worrying leads to poor sleep.

Worrying about sleep is like your mind trying to fight itself.

That's a horrible place to be."

To find out more about the impact a pandemic can have on our sleep, here is an interesting article by the [Sleep Foundation](#) that you can have a look at.



*Sleep cycle shared from [mind.org.uk](http://mind.org.uk)*

Please see below a few tips and ideas for you to try to help improve your sleep. Some people find these useful, but remember that different things work for different people at different times! Only try what you feel comfortable with, and try not to put too much pressure on yourself:

- If you have a smart phone, you could try using one of these NHS approved [sleep apps](#) for some extra support and help getting into healthy sleeping habits.
- Often ruminating thoughts can be responsible for disrupting our sleep and keeping us up at night. Write down your worries. If you often lie awake worrying about tomorrow, set aside time before bed to make a list for the next day. This can help put your mind at rest.
- If you have particular thoughts about your current experiences of lockdown on your mind, how about contributing your experience of lockdown to [Gladrags Lockdown stories](#). This has been set up as a community blog for people to share experiences. [Click here](#) to find out more.
- Being active and exercising can help you get better quality sleep. Have a look at our previous wellbeing tip sheet, 'Be Active' [here](#) for some ideas.
- Particularly important for our current situation, keep regular sleep hours. Going to bed when you feel tired and getting up at roughly the same time each day helps teach your body to sleep better, and try to avoid napping where possible.
- Schedule in time to wind down at the end of the day. How about putting together a playlist of music to help you relax? Maybe read a book or have a relaxing bath. There is lots of information online about relaxing remedies such as homemade bath salts.
- Create a restful environment - dark, quiet and cool environments generally make it easier to fall asleep and stay asleep.
- Limit screen time in the evenings or adjust the settings for example change the brightness, select silent or do not disturb, use a blue light filter or night mode.
- Sleep diaries are an effective way of managing and identify our sleep patterns. You can find an example template [here](#), why not give one a try this week?
- Put down the pick-me-ups. Caffeine can stay in your system for up to 12 hours and can stop you falling asleep and prevent deep sleep, so try to avoid caffeine close to bedtime. Look out for our Food and Mood edition coming out in the next few weeks for more information around this.

We will continue to bring you tips, initiatives and ideas so please keep an eye out! Next edition: 16<sup>th</sup> July

