



MANAGING SLEEP

INTRODUCTION TO SLEEP AND TIPS FOR HOW TO GET BETTER SLEEP

IMPORTANCE OF SLEEP

- Having a good night sleep will help us maintain our wellbeing both physically, mentally and emotionally.
- You know and notice that if you don't get a good night sleep, you are affected physically (e.g. feeling tired), mentally (e.g. feeling less alert and difficult to concentrate) and emotionally (e.g. irritation and experiencing feelings more intensely or challenging to manage)
- At this time, during the outbreak and school closure, there are a lot of changes and stress that you have been experiencing; therefore, it is understandable that your sleep may be affected in some ways.

SLEEP FACTS AND MYTHS QUIZ

HOW MUCH DO YOU KNOW ABOUT SLEEP?

TAKE A TRUE/FALSE QUIZ TO FIND OUT MORE ABOUT SLEEP

(FROM SILVERCLOUD PROGRAMME)

SKIP

You can catch up on sleep if you miss some the night before.

True

False

You can catch up on sleep if you miss some the night before.

False

You cannot catch up on sleep the day after a bad night sleep. In fact sleeping-in longer will disrupt your sleep cycle and affect your sleep negatively for the following night. It also isn't possible to catch up on sleep you have lost during the week at the weekend. It is best to try to avoid napping in the daytime and stick to your normal routine, even at the weekends

[Next](#)

Watching tv or listening to music in bed can help you to drop off.

True

False

Watching tv or listening to music in bed can help you to drop off.

False

Some people without a sleep problem may find this helpful. However, these are stimulating activities and can affect your ability to drop off to sleep. When you have a sleep problem, you need to make sure that you are using your bed only for sleep. This helps your body to associate your bed just with sleeping.

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Avoiding blue light, such as the light from a tablet or mobile phone before bed will help with sleeping.

True

False

Watching tv or listening to music in bed can help you to drop off.

True

Blue light, more than any other light, has been found to be a particular problem for sleeplessness. It suppresses your body's production of the hormone melatonin, which helps you to achieve sleep. Reducing exposure to blue light sources before bed is important for improving sleep.

Next

8 hours is the magic amount of sleep we need each night.

True

False

8 hours is the magic amount of sleep we need each night. True or False?

False

Sleep requirements vary from person to person. On average, most adults need between 7-9 hours per night to function at their best, across the age spectrum. There is no specific magic number. What matters is how efficient your sleep is and that you wake up feeling refreshed.

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Teenagers need more sleep than adults.

True

False

Teenagers need more sleep than adults.

True

During adolescence, teens experience a biological shift to a later sleep/wake cycle. On average, teenagers need 8-10 hours sleep, although again, this varies from person to person. The most important thing is a consistent sleep pattern on school/work days and at weekends, to keep their body clock in sync.

Next

Sleep is good for my body and health but it doesn't affect my intelligence.

True

False

Sleep is good for my body and health but it doesn't affect my intelligence.

False

The effects of sleep loss can often be quite physically apparent. However, some of the most subtle consequences involve on mental processes like learning, memory, judgment and problem solving. Sleep gives the brain time to encode new learning and memory pathways. People who are well rested are better able to learn more likely to remember what they have learned.

Next

Sleep is a period of inactivity for the body.

True

False

Sleep is a period of inactivity for the body.

False

At night, our bodies and brains are actually very busy. A range of function occur at night. During sleep, harmful toxins that build up in the brain during the day are cleansed away. We consolidate memories during sleep. Conservation, repair and growth takes place.

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Being tired in the daytime means you need more sleep.

True

False

Being tired in the daytime means you need more sleep.

False

This depends on your individual circumstances. Many people feel tired in the afternoon, due to the body's natural circadian rhythm, despite sleeping well. However, not having a good sleep routine can also make you feel tired in the daytime. Tiredness during the daytime could be a sign that you need better sleep efficiency or a better sleep routine, if you are also managing to sleep but not waking up refreshed, or struggling to get to sleep in the first place.

Next

We need less sleep as we age.

True

False

We need less sleep as we age.

False

It is a common misconception that we need less sleep as we age. Older adults still need on average 7-9 hours sleep per night to function optimally.

Next

In general, most people tend to be satisfied with the amount of sleep that they get every night.

True

False

In general, most people tend to be satisfied with the amount of sleep that they get every night.

False

If you are struggling with your sleep, you are not alone. In a large sleep survey (Dreams 2016), a staggering 63.1% of people reported not getting enough sleep. From the same survey, only 8% were able to say that they wake up feeling refreshed.

Next

BENEFITS OF SLEEP

According to Sleep Scotland, Sleep allows our bodies to carry out functions that are vital for our physical and mental wellbeing, leading to a whole range of benefits:

- Healthy growth
 - Positive mood and sociability
 - Better mental health
 - Being able to concentrate and doing better at school
 - Enjoying life
 - Improved immunity and better recovery from illness
 - Healthy weight
-
- For more info visit: <https://www.sleepscotland.org> or <https://www.sleepstation.org.uk/articles/>

HOW TO GET A GOOD NIGHT SLEEP

SLEEP AT REGULAR TIMES

First of all, keep regular sleeping hours. This programmes the brain and internal body clock to get used to a set routine.

Most adults need 7-9 hours of sleep, while most teenagers need 8-10 hours every night. By working out what time you need to wake up, you can set a regular bedtime schedule.

It is also important to try and wake up at the same time every day. While it may seem like a good idea to try to catch up on sleep after a bad night, doing so on a regular basis can also disrupt your sleep routine.

MAKE YOUR BEDROOM SLEEP-FRIENDLY



Your bedroom should be a relaxing environment. Experts claim there's a strong association in people's minds between sleep and the bedroom. Make sure your bed and mattress is comfortable.



However, certain things weaken that association, such as TVs, smartphones and other electronic gadgets. Keep your bedroom just for sleep.



Keeping room temperature between 18C and 24C would help. Keeping your feet warm enough is also important.



Your bedroom ideally needs to be dark, quiet and tidy. Fit some thick curtains if you do not have any or use eye mask.



If you're disturbed by noise, consider investing in double glazing or, for a cheaper option, use earplugs.

GO OUTDOOR AND BE ACTIVE DURING THE DAY

- Getting adequate **exposure to daylight** during the day can help keep your body clock and melatonin levels in check.
- In the mornings, daylight triggers the production of a hormone called cortisol, which wakes us up and makes us feel alert. At the end of the day, when it starts to get dark, our cortisol levels drop and another hormone, melatonin (sometimes known as the 'sleepy hormone'), increases helping us to feel ready for sleep.
- Try to schedule in some time outdoors every day while following the latest government guidelines. **Just going for a walk** will help improve sleep two-fold: it can help **regulate your body clock** and exercising also leads to deeper and more restful sleep.
- **Moderate exercise** on a regular basis can **help relieve some of the tension** built up over the day. But make sure you do not do vigorous exercise, such as running, too close to bedtime, as it may keep you awake.
- Find out more about [how to get active your way](#) and [NHS fitness video](#)



THINK HEALTHY HABITS FOR YOUR BODY



Cut down on caffeine

Cut down on caffeine in tea, coffee, energy drinks or colas, especially in the evening. Caffeine interferes with the process of falling asleep, and also prevents deep sleep. Instead, have a warm, milky drink or herbal tea.



Do not over-indulge

Too much food or alcohol, especially late at night, can interrupt your sleep patterns. Alcohol may help you to fall asleep initially, but it will disrupt your sleep later on in the night.



Do not smoke

Nicotine is a stimulant. People who smoke take longer to fall asleep, wake up more frequently, and often have more disrupted sleep.

HAVE A BEDTIME ROUTINE TO UNWIND & RELAX

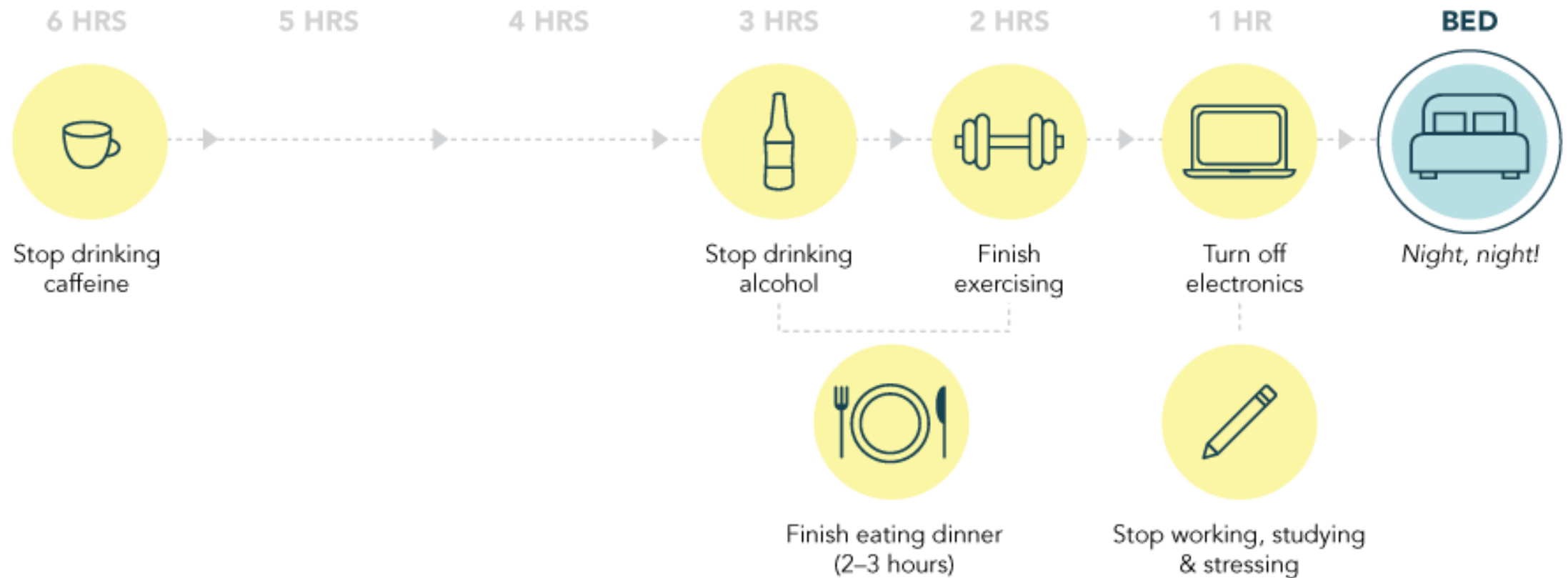
If you have difficulty falling asleep, a regular bedtime routine will help you wind down and prepare for bed.

- Your routine depends on what works for you, but the most important thing is working out a routine and sticking to it.
- There are lots of ways to relax:
 - A warm bath (not hot) will help your body reach a temperature that's ideal for rest
 - Writing "to do" lists for the next day can organise your thoughts and clear your mind of any distractions
 - Relaxation exercises, such as light [yoga stretches](#), help to relax the muscles. Do not exercise vigorously, as it will have the opposite effect
 - Relaxation CDs/audio clips work by using a carefully narrated script, gentle hypnotic music and sound effects to relax you
 - Reading a book or listening to the radio can relax the mind by distracting it but be careful not to stimulate your mind

The Perfect Night's Sleep Starts Long Before You Get Into Bed

Searching for the ever-elusive perfect night's sleep? Prevent sleep sabotage by sticking to this pre-bedtime timeline.

HOURS BEFORE BED ▶



HOW TO CALM YOUR WORRIES AND SLEEP BETTER

- **If you cannot sleep, get up**

- If you cannot sleep, do not lie there worrying about it. Get up and do something you find relaxing until you feel sleepy again, then go back to bed.

- **Write away your worries**

- If you tend to lie in bed thinking about everything you have to do tomorrow, set aside time before bedtime to make plans for the next day. The aim is to avoid doing these things when you're in bed, trying to sleep.
- The NHS Apps Library has [sleep apps](#) that can help you.



<https://youtu.be/FulTaDhEtDY>

RELAXATION TECHNIQUES

- There are different types of relaxation techniques that could help the body and mind to unwind.
- You can try one called progressive muscle relaxation.
- There are a number of apps designed to help with sleep. See [the NHS Apps Library](#)
- You can also try the link below:
- <https://www.sleepscotland.org/new/wp-content/uploads/2019/10/Relaxation-techniques.pdf>

Progressive Muscle
Relaxation

<https://youtu.be/9GURt2pvdAg>

SLEEP CHECKLIST

- Check out the list to see if you can improve your sleep in any way.
- Use the link below:
- <https://www.sleepscotland.org/new/wp-content/uploads/2019/10/How-to-sleep-well-checklist.pdf>

How to sleep well



The checklist

Set a regular bedtime and stick to it, give or take half an hour	<input type="checkbox"/>
Exercise regularly during the day	<input type="checkbox"/>
Have the right amount of sunlight exposure each day. At least 30 minutes early in the day	<input type="checkbox"/>
Do not nap, especially after 3.00pm	<input type="checkbox"/>
Complete your homework earlier in the evening, so you can relax in the evening	<input type="checkbox"/>
Share your worries with someone you trust or keep a diary and write them down	<input type="checkbox"/>
Avoid stimulants such as tea, coffee, chocolate, late food, alcohol, drugs and soft drinks with high caffeine levels	<input type="checkbox"/>
Unwind in the evening by keeping the lights low	<input type="checkbox"/>
Have good curtains that keep your bedroom dark. Keep the temperature of your bedroom cool	<input type="checkbox"/>
Get your bedroom ready for bedtime. Tidy so it feels relaxing and make your bed so you're comfortable. Change your bed linen regularly and keep it fresh	<input type="checkbox"/>
Plan something relaxing before you go to bed - a nice warm bath is great	<input type="checkbox"/>
Avoid watching anything stimulating, scary or exciting before you go to bed	<input type="checkbox"/>
Avoid using the phone, texting, playing computer games or watching TV or DVDs in bed or the hour before bedtime	<input type="checkbox"/>
Try not to clock watch in bed, if you're struggling getting to sleep, try a relaxation technique	<input type="checkbox"/>
If you must have sound in the background, play something soft and relaxing like natural sounds or gentle music	<input type="checkbox"/>

TALK TO SOMEONE

If you continue to have a problem with sleep that is affecting your daily life, contact your GP.

If you're finding things particularly difficult, there are lots of services that can help.

- Samaritans is open 24/7. You can call them on [116 123](tel:116123) or email them at jo@samaritans.org.
- [Give us a SHOUT](#) also provide a free text service 24/7 for people feeling anxious, worried or stressed. Just text 85258.
- Breathing Space is open 6pm to 2am Monday - Thursday and 24 hours a day on the weekends (Friday 6pm to Monday 6am). You can call them on [0800 83 85 87](tel:0800838587). If you are a British Sign Language user you can contact them via their [online BSL- interpreting video relay service \(VRS\)](#).
- Childline is open 24/7. You can call them [0800 1111](tel:08001111) for free even if you don't have credit on your mobile phone. They also have an online service where you can [chat with a counsellor about whatever's worrying you](#).

