SLEEP

Getting a good night's sleep is important for supporting good Mental Health. Getting enough restful sleep is key the below help sheet may assist you in getting a good night's sleep.

Reduce Screen Time: Reducing your use of electrical screens at least one hour before bed can give your brain enough time to relax before you settle down for the night.

Breathe: Try a breathing exercise, breathe deeply into your lungs whilst counting try to see if you can breathe in for a count of 4 and out for a count of 6 until you feel relaxed.

Eat and Drink: Stimulants such as caffeine, alcohol and sugar, can disrupt your sleep patterns be aware of what you're consuming and how that can impact on your night's sleep.

Sleep Diary: A sleep diary can provide insight into what is keeping you awake or preventing you from getting restful sleep. Once you know what's keeping you up, you can combat it.

Order: Do harder or more tasking activities at the beginning of the day and more relaxing ones towards the end of the day.

Routine: A bedtime routine can help your body prepare properly for sleep. Screens down, a warm drink, a bath or shower and a change of clothes can all assist in a better night's sleep.

Environment: Deal with environmental factors such as room temperature, comfort, or your partners snoring to create an environment that is more conducive to sleep.

Illness: Is there a physical, mental or emotional cause that is preventing you from sleeping well? If so a visit to your GP may help you manage these factors.

Paper: Keep a piece of paper and pen by the bed. If you find that you are worrying about something, which is preventing you from being able to sleep write it down so that your brain doesn't have to keep mulling it over whilst you're trying to sleep.

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