

Sleep Quick tips

Create a routine that you want to stick to

- Try to stick to regular going to bed and getting up times
- Avoid screens two hours before you go to bed
- Exercise earlier in the day to burn cortisol and tire your body
- Have a warm shower a couple of hours before bed. When the body cools we begin to feel sleepy

Practise relaxation exercises

Learn 7/11 breathing. Place your hand on your stomach and breathe in, filling your stomach with air for seven seconds. Hold it. Breathe out for 11 seconds. As long as the out-breath is longer than the in-breath, you can use any numbers you like.

Make sure where you sleep is set up right

- Remove screens and other distractions, choose an alarm clock instead of your phone
- Keep the temperature cool
- Use blackout curtains, but an eye mask or adding a sheet over your blinds or curtains are cheaper alternatives

Keep a sleep diary

Keeping a diary for two weeks or more could help you figure out what's affecting your sleep. By finding patterns or reasons your sleep is good or poor, you can make small changes to your daily routine to improve your sleep.

How much sleep should I be getting?

The amount of sleep you need depends on your age, lifestyle, diet and environment. As a general rule of thumb, a healthy adult needs seven to eight hours of sleep. Babies, children and teenagers need more sleep and much older adults need less sleep.

Seeing your GP

Sometimes there's a physical or medical cause for poor sleep. This could be pain, an illness, or other physical problems that could disturb sleep. There are also certain types of medication that can affect your sleep.

If you find that you have poor quality sleep with any of the above, visit your GP or medical professional to discuss your options.



Find out how well you're meeting your needs through our quick Emotional Needs & Resources survey.

suffolkmind.org.uk/survey



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Are your needs being met?

Sleep is one of our 12 emotional and physical needs that we all need to meet in a rough balance to stay well.

Sometimes, when one or more of our needs are not being met, sleep can then be affected.

To find out more about our Emotional Needs & Resources approach, you can sign up to become a Friend of Suffolk Mind for free, and receive a complementary space on our award-winning course, The Mental Health Toolkit: The Essentials training.

Scan the QR code or visit suffolkmind.org.uk/friend to sign up.

