

Sleep Well for Better

Wellbeing



What we'll cover today

- ⊖ **Why** do we need to sleep?
- ⊖ Common things that **affect** our sleep
- ⊖ Three steps to get **better quality** sleep.



Did you know?

Approximately **7/10** people say they experience sleep problems.

50% of people in UK get less than **6 hours** sleep every night which over time can increase the risk of type 2 diabetes five times.







Sleeping less than **6 hours** makes it more difficult to learn and remember new things the next day.

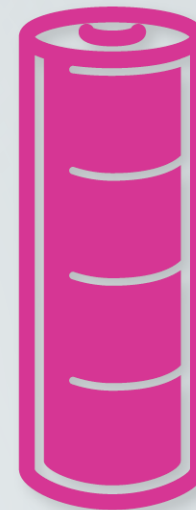
People who complain their bed is **uncomfortable** sleep on average **one less hour** per night.



Why do we sleep?

We know it helps:

-  Boost physical repair
-  Mental recovery and learning
-  Restore energy
-  Improve mood
-  Improve concentration, focus and creativeness
-  Reduce our risk of many diseases.



Common things that affect sleep

Shift patterns – affect the body's natural sleep/wake cycle

Stimulants (caffeine, alcohol) – prevents the body winding down

Stress – releases hormones like adrenaline which keep us wound up

Temperature – too hot or cold puts our body under stress

Light – stimulates our brain and prevents deep sleep

Mattress/bed quality – prevents us finding a relaxing position

Being overweight – more likely to develop a dangerous condition called sleep apnoea (ap-nee-a)



Your three steps to better quality sleep

1. Create the **best sleeping environment**.
2. Make the **best day time choices**.
3. Form a **sleep routine**.



Sleeping environment

Darken the room – use blackout blinds.

Slightly **cool temperature** (15-18 degrees).

Find a mattress and pillow that you find **comfortable** and **supportive**.

If you share a bed, make sure it's big enough for you both.

Use **scented oils** to help relaxation.



Day time choices

Limit caffeine 5 hours before sleep – it can prevent you switching off

Do some **light activity** 2-3 hours before sleep
– helps unwind

Drink **herbal teas** such as camomile or peppermint – good for digestion and relaxation

Avoid eating a **large meal** close to bedtime (2 hours) – can make you restless

Avoid lots of **extra fluid** before bed
– prevents trips to the bathroom



Sleep routine

Have a **warm bath/shower** 30 minutes before bed

Avoid using the TV, laptop, phone, tablet
30 minutes before bed

Stay out of the bedroom until you feel sleepy

Write a **“to do” list** of things you may have
on your mind

Wake up at the same time every day.



Additional guidance

Consider speaking to your GP if:

- you have **persistent** sleep problems for no obvious reason.
- you are overweight and regularly **snore** and/or wake up gasping for breath.
- you constantly wake up **exhausted** no matter how much sleep



Where to go next

- ⊖ More **information** on **getting quality sleep** - see Occupational Health and Wellbeing pages on ***Connect*** or ***Safety Central***
- ⊖ Visit the page below for other useful information
<http://www.nhs.uk/Livewell/sleep/Pages/sleep-home.aspx>

