GENERAL HEALTH & WELLBEING

TOPIC 2:

SLEEPING WELL

INTRODUCTION

Sleep is essential to helping us function properly and at our peak. It enables the body to repair and recharge itself, ready for the challenges of the next day.

Here are some simple suggestions for getting the most out of your dreamtime!

REGULAR SLEEP PATTERN

- Try to go to bed and wake up around the same time most days- this will allow you to establish a regular sleep pattern.

FOOD & DRINK

- Avoid heavy meals at night; aim to eat at least 2 hours before going to bed to allow your meal to be properly digested.

- Avoid drinking any alcohol before bedtime as alcohol is known to disrupt the body's normal sleep pattern.

WINDING DOWN

- After you have completed the tasks you need to do during the day, set aside between 30-60 minutes before going to sleep to allow your body and brain to relax and 'wind down'.

- The skill of meditating gives you the opportunity to reflect on the day's events and come to terms with them before going to bed.

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They can also be used by members of the public who wish to improve their health and wellbeing.

- During this time, avoid loud music or TV programmes (in some cases, the News) which may cause you to become excited and your heart to race, ultimately preventing you from falling asleep.

- Reading a magazine or novel that is not work or study-related can be helpful for helping you to unwind.

RELAXING YOUR MUSCLES

- Having a warm bath can help your muscles to relax, thereby promoting sleep. Just be aware that if you have it immediately before going to sleep, you may feel too warm and this can stop you from falling asleep as soon as you would like!

- Gentle stretching before sleeping is also beneficial for helping you to relax.

SLEEP HYGIENE

- Ensure your mattress is supportive and comfortable. The room in which you sleep in should be cool (but not cold), dark and quiet.

Key phrases: Sleep pattern, Winding down, Relaxing your muscles, Sleep Hygiene.

ADDITIONAL RESOURCES

VIDEOS-

SLEEP PROBLEMS.

http://www.nhs.uk/Video/Pages/sleep-problems-podcast.aspx

INSOMNIA.

http://www.nhs.uk/conditions/insomnia/pages/introduction.aspx

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