

Sleep Hygiene

Respiratory Centre

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

This leaflet has been written to provide information about how to improve your sleep hygiene. It is not intended to replace talking to a healthcare professional.

Introduction

Sleep is an essential part of feeling well and happy, but almost everyone experiences problems with sleeping at some time in their life. Sleep disruption is common, especially during times when you feel emotionally overwhelmed. Anxiety or the relentless replaying of the days events or heightened emotions may significantly interfere with your sleep. Lack of sleep robs you of needed rest making management of stress and illness more difficult.

A good night's sleep is important for both physical and mental health, improving productivity and quality of life. Sleep problems are very common, however despite this it can be very distressing when you are not getting a good night's sleep and this can make it even harder to sleep. The most common causes of sleep disturbances is a change in daily routine or stress, such as travelling, exams, work stress, change in working hours, relationship conflicts etcetera.

What is sleep hygiene?

The term sleep hygiene is a science-backed practice that can help to create the ideal conditions for healthy sleep. This can be the difference between a restful night and a restless one. Paying attention to good sleep hygiene is the most important thing you can do to maintain good quality sleep.

Why is sleep hygiene so important?

Healthy sleep is important for physical and mental health. If you struggle to fall asleep, fail to sleep through the night or feel tired throughout the day, then this may be a sign of poor sleep hygiene. Bringing sleep patterns under control is important, you need to rest. However, it often takes some time to get problematic sleep under control and rarely can this be done overnight.

How much sleep do we need?

The amount of sleep a person needs varies throughout their life. The need for sleep also varies depending on levels of activity; less active people need less sleep, but if you are constantly on the go with a demanding job, or a young family you may need more sleep. It is not true that we need seven to eight hours sleep every night; many studies have shown that people range between needing four and ten hours.

What are the signs of poor sleep hygiene?

Having a hard time falling asleep, experiencing frequent sleep disturbances and suffering from daytime tiredness are the most telling signs.

What are the effects of poor sleep hygiene?

The effects of poor sleep hygiene can be felt in many ways during our daily lives, and are just as potent as other sleep disorders. This can include, but is not limited to, low energy and overall tiredness, lack of motivation and drive to get things done, mood changes, poor decisions, memory problems, trouble concentrating and headaches.

Do's and Do not's for ensuring good sleep hygiene

Do not:

- Have caffeine in the evening (for example; coffee, teas, energy drinks, chocolate). Caffeine can stay in your body for six hours
- Have alcohol in the evening or use alcohol to go to sleep. Alcohol consumption before going to bed decreases overall sleep quality
- Smoke before bed. Nicotine is a stimulant and will keep you awake
- Engage in stimulating activity just before bed, this includes things such as playing computer games, watching an exciting movie or TV show or having an important discussion with a loved one
- Read or watch television in bed

- Eat a large meal prior to getting into bed. Do not go to bed hungry or too full. Steer clear of foods that can be disruptive before sleep such as heavy or rich foods, fatty or fried meals, spicy dishes, citrus fruits and carbonated drinks, as they can trigger indigestion and heartburn that can disrupt sleep
- Never take daytime naps, and avoid falling asleep in front of the television in an evening as this will risk negatively resetting your body clock
- Try to sleep when you are not tired as this will make your mind more alert
- Take another persons sleeping tablets

Do:

- Keep a regular routine; try to go to bed and wake up at the same time each day, even on weekends
- Ensure your bedroom is dark and quiet
- Keep the temperature in your bedroom comfortable; 15 to 19°C is optimum
- Keep your bedroom just for sleep and sex; unlike most vigorous physical activity, sex makes us sleepy
- Do get up if you are having difficulty getting off to sleep . If you are not asleep within 20 minutes of going to bed, leave your bedroom and try a non-stimulating activity such as reading in dim-light; return to bed when you feel sleepy again
- Regular exercise each day, preferably in the morning. There is good evidence that regular exercise promotes restful sleep
- Try to relax and unwind in the hour before going to sleep. Try a warm bath or a massage
- If needed, you may try over the counter sleep remedies, but these are no substitute for addressing the problems that cause poor sleep. Sleeping tablets do not address these issues either and are not suitable for most people.

If you have any questions or require further information please contact:

The Respiratory Centre (B1)

New Cross Hospital

Wolverhampton Road

Wolverhampton

WV10 0QP

01902 695061

Monday – Friday, 9:00am – 5:00pm

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。