

Top Tips

Sleep

- Minimise your alcohol, caffeine and nicotine intake late in the evening as this can disturb your sleeping patterns
- Have a warm bath or listen to some relaxing music prior to bed
- Create a calming bedroom environment by minimising clutter
- Have a milky drink prior to bedtime as this can aid sleep
- Make sure that your bed is comfortable and the temperature of the room is not too hot or too cold
- Before you go to bed at night, turn the clock away from you so that if you wake up during the night, you won't be worrying about the time
- Go to bed and get up at the same time everyday if you can, as this will programme your body to sleep better
- When in bed concentrate on your breathing. Take a deep breath in and then exhale. When you breathe in say to yourself the word 'relax', when you breathe out say to yourself the word 'calm'. Continue with this breathing pattern
- If you do wake up in the night and can't get back to sleep, get up and do something else such as reading or a crossword. This helps to break the cycle of not being able to sleep
- Consider visiting your local health food shop for herbal supplements such as herbal teas that can aid sleep. Always seek advice from your Doctor or Pharmacist
- Daily exercise can help you sleep. Avoid doing exercise too close to bedtime as it can act as a stimulant

**"It is the trouble that never comes
that causes the loss of sleep"**

Chas. Austin Bates

Useful websites

www.sleepcouncil.org.uk

www.howdidyousleep.org

www.helpguide.org/life/sleeping.htm

[www.moodjuice.scot.nhs.uk/
SleepProblems.asp](http://www.moodjuice.scot.nhs.uk/SleepProblems.asp)

www.livinglifetothefull.co.uk

www.mind.org.uk

Mind in Cambridgeshire is a dynamic, countywide charity that supports local people in their recovery from mental health challenges; promotes wellbeing and campaigns on mental health related issues.

We believe that everyone who is affected by mental ill health should have ready access to the support they need to recover – free from stigma and discrimination.

Mind in Cambridgeshire would like to thank Comic Relief for their support in developing the Top Tips.



For more information contact:

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