

Sleep

Healthy habits for a good night's sleep

If you need this leaflet in a different language or accessible format
please speak to a member of staff who can arrange it for you.

اگر به این پروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید،
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie,
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,
vă rog să discutați cu un membru al personalului să se ocupe
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

Southport Hospital
Town Lane,
Kew,
Southport,
Merseyside,
PR8 6PN
Telephone:
01704 547 471

Ormskirk Hospital
Dicconson Way,
Wigan Road,
Ormskirk,
Lancashire,
L39 2AZ
Telephone:
01695 577 111

Sub heading here

The term “sleep hygiene” refers to a series of healthy sleep habits that can improve your ability to fall asleep and stay asleep. These habits are the most effective long-term treatment for people with chronic poor sleep. It can help you address the thoughts and behaviors that prevent you from sleeping well. It also includes techniques for stress reduction, relaxation and sleep schedule management.

Your daily routines, what you eat and drink, the medications you take, how you plan your days and how you choose to spend your evenings can significantly impact your quality of sleep. Even a few slight adjustments can, in some cases, mean the difference between sound sleep and a restless night.

Completing a two-week sleep diary can help you understand how your routines affect your sleep.

7 hours of sleep is the best starting point for adults. Make it one of your top health priorities to try to sleep at least 7-8 hours each night. Keep in mind that healthy sleep is good quality and consistent over time.

Special instructions

Any condition specific danger signals to look out for

Contact information if you are worried about your condition

Your own GP

Other useful telephone numbers/contacts

NHS 111

Stop Smoking Helpline (Sefton) – 0300 100 1000

Stop Smoking Helpline (West Lancashire) – 0800 328 6297

During your contact with us, it is important that you are happy with your care and treatment. Please speak to a member of staff and/or the ward/department sister/charge nurse if you have questions or concerns.

Matron

A matron is also available during the hours of 9am to 5pm Monday to Friday. During these periods, ward/department staff can contact matron to arrange to meet with you. Out of hours, a senior nurse can be contacted via the ward/department to deal with any concerns you may have.

Infection control request

Preventing infections is a crucial part of our patients' care. To ensure that our standards remain high our staff have regular infection prevention and control training and their practice is monitored in the workplace. We ask patients and visitors to assist us in preventing infections by cleaning their hands at regular intervals and informing staff of areas within the hospital that appear soiled.

As a patient there may be times that you are unsure whether a staff member has cleaned their hands; if in doubt please ask the staff member and they will be only too happy to put your mind at ease by cleaning their hands so that you can see them.

Top tips

Follow these tips to establish healthy sleep habits:

- Try to keep a consistent sleep schedule. Get up and go to bed at the same time every day, even on weekends or during holidays.
- Set a bedtime that is early enough for you to get at least 7 hours of sleep.
- Don't go to bed unless you are sleepy and don't go past your natural sleepy point. Learn to recognise when your body is ready for sleep at night.
- If you don't fall asleep after 20 minutes, get out of bed.
- Establish a relaxing bedtime routine.
- Use your bed only for sleep and sex.
- Make your bedroom quiet and relaxing. Keep the room at a comfortable, cool temperature.
- Limit exposure to bright light in the evenings.
- Turn off electronic devices at least 30 minutes before bedtime.
- Don't eat a large meal before bedtime. If you are hungry at night, eat a light, healthy slow energy release snack.
- Exercise regularly: 30 minutes of moderate exertion exercise in the daylight, preferably the morning, every day.
- Maintain a healthy diet.
- Avoid nicotine, caffeine and other stimulants altogether if possible.
- Avoid consuming alcohol before bedtime.
- Reduce your fluid intake before bedtime and try not to drink anything for 90 minutes before bed. Go to the toilet before going to bed.
- If your mind goes over things in bed write a detailed note or list before you go to sleep.
- If needed have a short daytime nap (20-40 minutes) but try to do this before 3-4pm.
- If you work shift patterns try to have the same wind down routine before going to sleep.

Looking at your sleep diary and routine - what things do you think you can change to help you get to sleep and stay asleep?

Good Sleeping Habits	Comments: Am I doing this? How am I doing it? How can I improve it?
Set a constant bed time	
Set a constant wake time	
Do not take naps after 3pm	
Have a pre-sleep ritual	
Use the bed only for sleep and sex	
If unable to sleep for more than 20 minutes, get out of bed and do something quiet and relaxing	
Take a warm bath	

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Good Sleeping Habits	Comments: Am I doing this? How am I doing it? How can I improve it?
Keep temperature of room constant – not too warm, not too cold	
Make the bedroom a relaxing and soothing place to be	
Keep the bedroom dark	
Avoid caffeine, nicotine and alcohol before bed	
Eat a light snack before bed	
Avoid stimulating activities; do mentally quiet tasks	
Use relaxation techniques (breathing, imagery)	